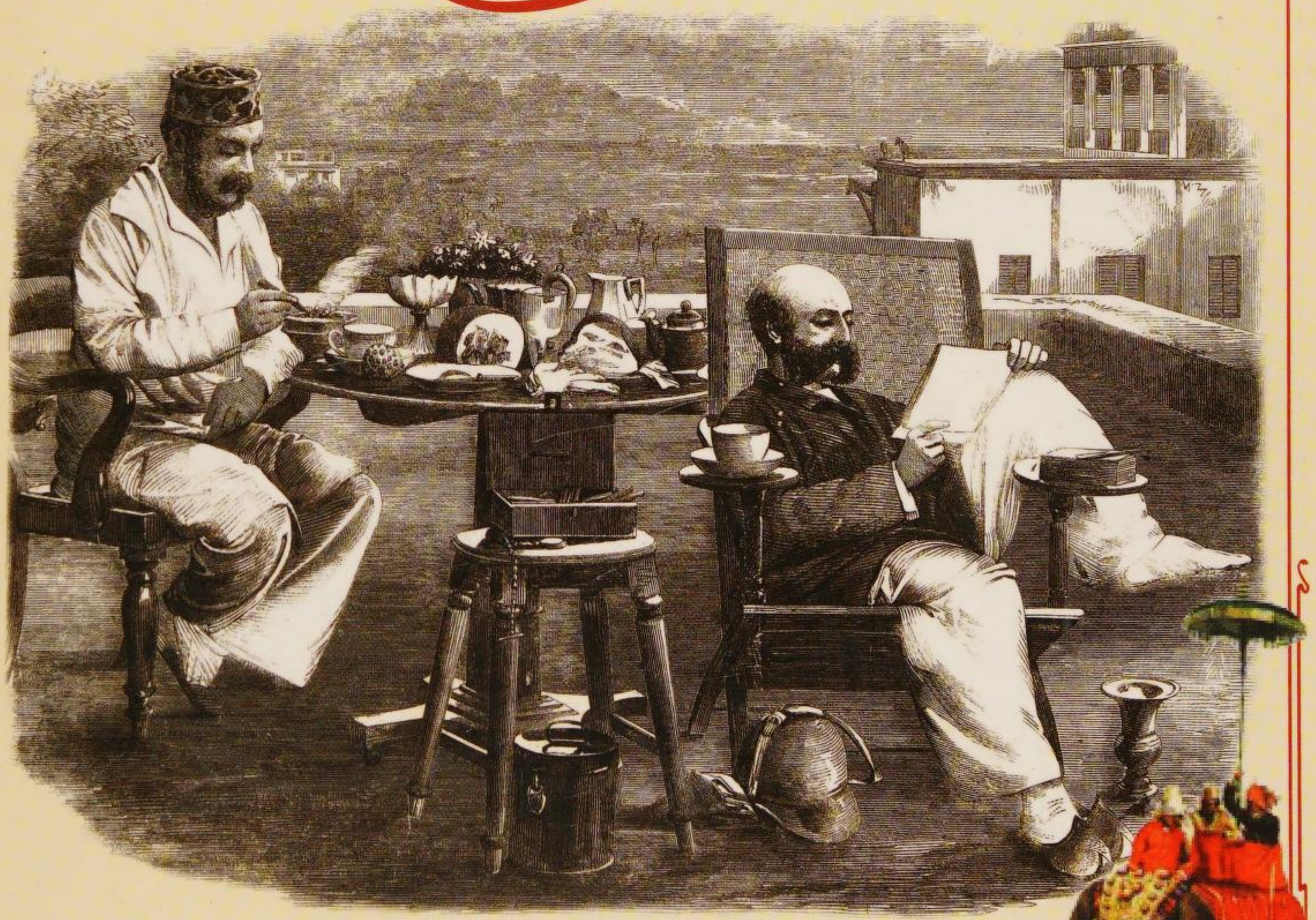
THE Raj COOK BOOK

A COMPLETE LIFESTYLE ALBUM



ILLUSTRATED THROUGHOUT

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THE Raj COOK BOOK

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Woman's Domain

Dinner Menus for a Fortnight, 1913

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(A pictorial)

Badee Hazari, Breakfast

The Baroda Jubilee *(A pictorial)*

Princely India *(A pictorial)*

Khansama Ke Khaas Pakwaan,
The Chef's Special Cuisine — *Angrezi*

Woman's Domain — Sauces for poultry
and meat, sweet sauces, etc.

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The Raj Cookbook

Foreword by

Eleanor Bobb

FULLY ILLUSTRATED

FULL CIRCLE

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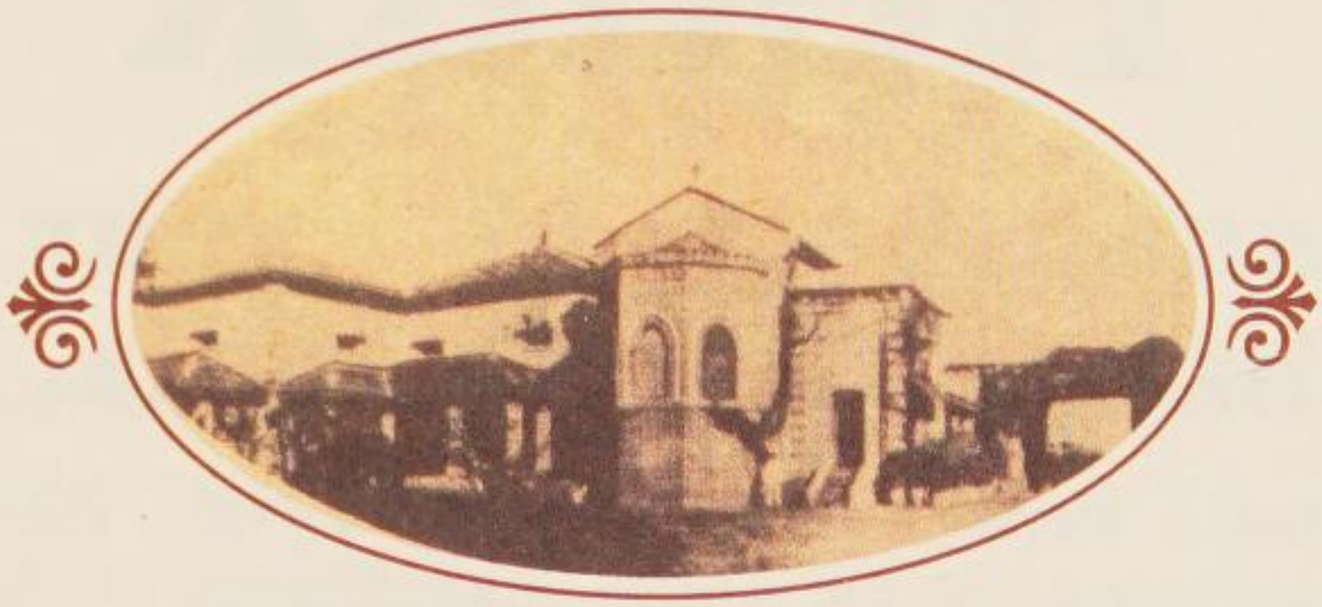

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Foreword

By the time the British Raj had been firmly established, the Englishwoman had accepted living in the East and had set standards of living that not only became the accepted way of life during the Raj, but lingered long after and to this day have left their influence in India. Having to face an unshakable caste system that made it necessary to employ servants by the dozen to carry out the work required to have a smoothly running, efficient household, the Englishman then formulated his own caste system that was as rigid and unbending as the Indian.

Once the Suez Canal was opened and made it possible to get to India by sea within a month, not only the wives of men employed in India, but also bevies of young girls who were sisters, cousins, nieces, friends or daughters of friends, etc., came pouring into India, sometimes only for winter, oftentimes in search of husbands and easy living. Their coming brought an air of excitement and gave reasons for elaborate entertaining and this was made easy by the abundance of servants. The liveried retinues of servants that the Englishman employed had to be seen to be believed. Most Englishwomen enjoyed the adulation and importance this gave them, but a few did complain that it was unnerving to have so many servants hanging around and that even the animals grew lazy and expected the servants to drive away the flies that worried them!

Indoor servants consisted of a khidmutgar or butler who had, depending on the importance of the family, a number of assistants. The Memsahib and the children had their own private ayahs and amahs and the Sahib had his valet. In the kitchen, there was the khansama and his retinue of helpers. More often than not, there was more than one khansama, each with his own retinue. Then there were the bhishthis, sweepers, punkhawallahs and so on. Also, most important, the darzi and the dhobi. Outside, the place teemed with malis and under-malis, syces and grooms, coachmen, poultrymen, the cowman, watchmen and the gatekeeper. It seems ridiculous today that so many people were required to ensure the comfort of two people since often the children would be sent home (England) to school.

"...the gentlemen of the party would immediately change their white topis for felt hats brought to them on trays"

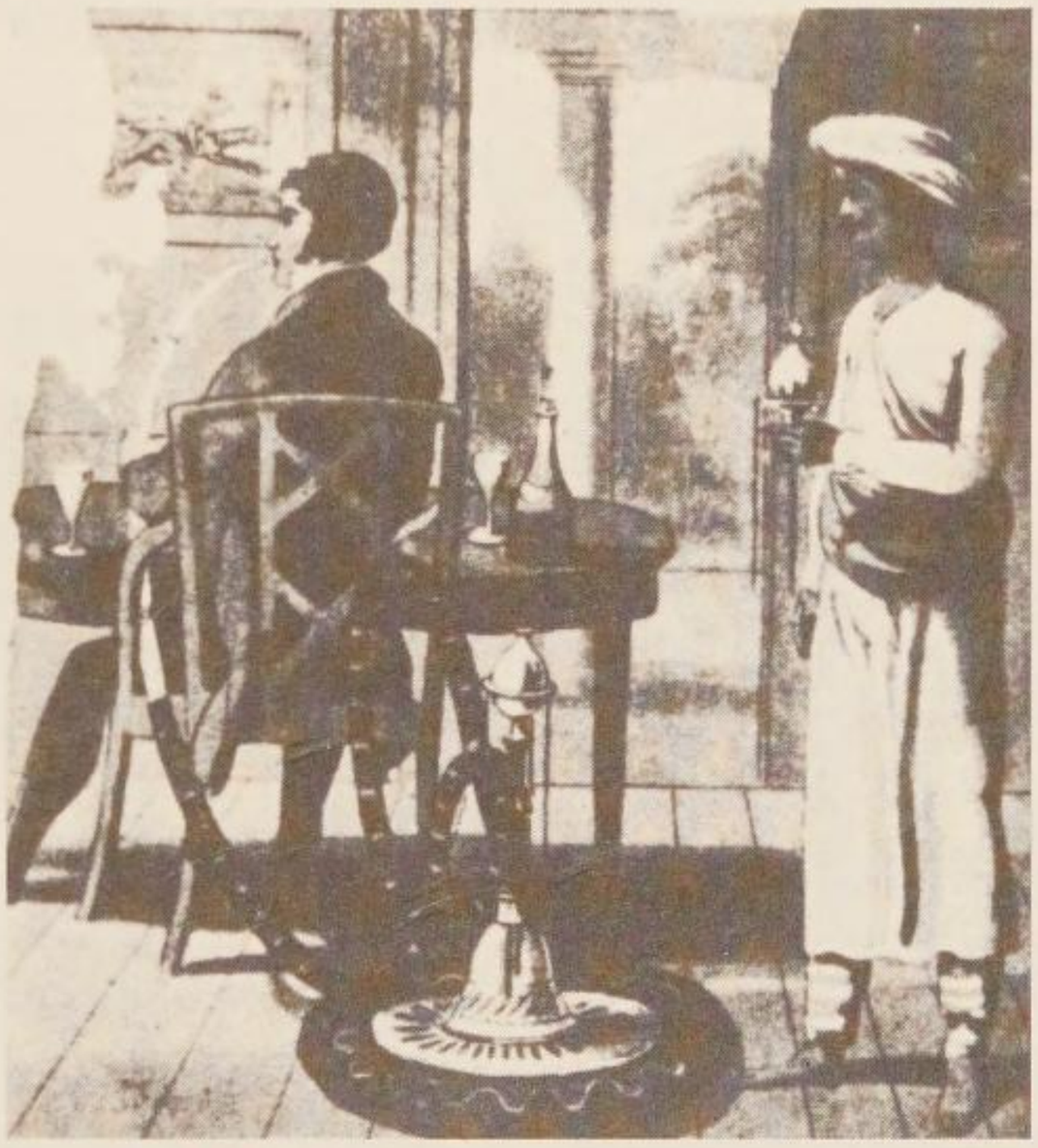
Since India was a colony, the rulers were naturally the most important people and the style they lived in vied with those of the Maharajas and Nawabs that had not only been subdued but who had to be kept in their place. The heaven-born as the ICS were called, indeed, felt and behaved like little gods! The style they lived in was very lavish and luxurious, and they entertained in a very formal, pretentious fashion. Since servants were cheaper by the dozen, this was no problem and the most elaborate menus were offered at parties.

The Englishwoman fought against eating Indian food for more than one reason. Highly spiced food often upset her poor digestion and through ignorance she regarded Indian food as hot and unpalatable. It also gave her a sense of superiority to despise the food of the natives. French cuisine was considered fashionable and food cooked in wine was the last word in good taste. But the Englishman who had come alone long before the women had joined him, had already acquired a taste for Indian food and was no longer content to eat his roast beef and potatoes and boiled vegetables. So gradually, very subtly, Indian spices were introduced into English food. Not that this hadn't been done before, for after all, it was Indian spices that had started the West getting interested in the East, and it was the spice trade that had been the means of first contact with India. But although some of these spices were used in food, it was not done on the same scale as in the East. Garlic, a spice which we in India use so freely, was used more for medicinal purposes and earlier on, was sometimes hung around the neck to ward off evil spirits and smallpox! Even now, a Western friend who watched me making a curry was absolutely horrified at the quantity of garlic I used.

"It was the ayah's duty to provide all the gossip of the station"

All the servants wore liveries which were very elaborate and showy. The khidmutgar was truly impressive in his red cummerband and high turban. He supervised his underlings in a very autocratic fashion and was most meticulous in the laying of the table for meals. Every meal had a different set of table linen beginning with "chhota hazari" or bed-tea tray sets, and ending with snowy white damask for dinner. The bearers who waited at table wore spotless white gloves. The bungalows were large and sprawling with deep verandahs all round. The malis kept the lawns and gardens fresh and cool with constant watering and infinite care. The Memsahibs were waited upon hand and foot. Children who were young enough to be at home had ayahs and wet nurses and of course, the entire household staff felt extremely privileged if permitted to play and help look after the Babas and the Missy Babas. The ladies having no housework to worry

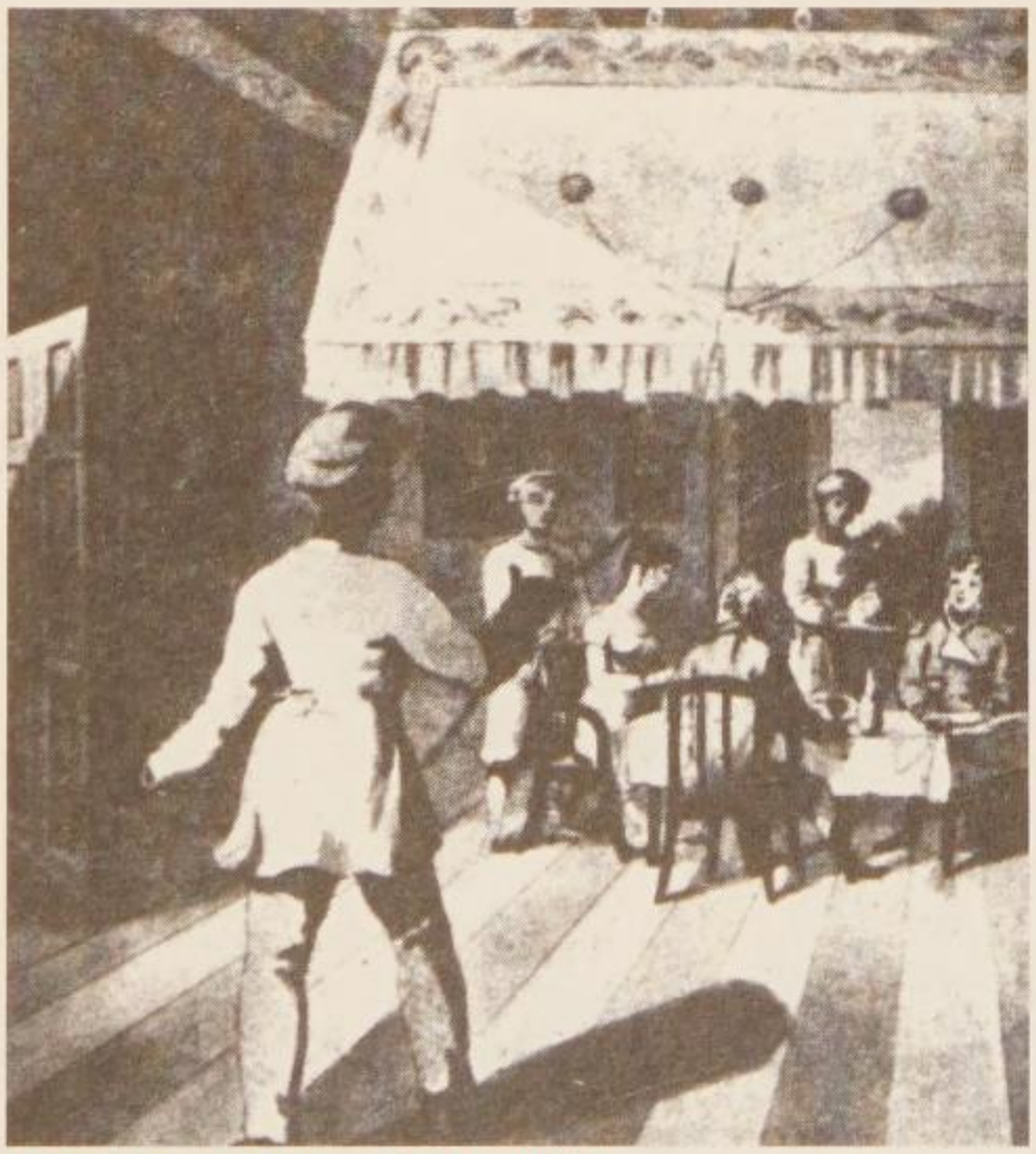
about, spent their mornings riding and then coffee partying which were also gossip parties. Afternoons were meant for resting and then the evenings were occasions for a social round of parties. Exclusive clubs provided ample sport and entertainment. Tennis and polo were very popular and pukka. Winters were spent in the plains and when the dreaded summers arrived, the entire British community fled to the hills where life was even more hectic and more full of social activities.



The nabab at home

The standard of living set by the top English officials was emulated down the ladder into the Eurasian community who were the people of mixed blood, and the Indian Christians who had been influenced by the missionaries who had converted them.

After World War I when Indians were being accepted into the Administration and Defence Services~ English customs and culture crept even into orthodox Hindu and Muslim homes since these young men spent many years in England while being trained. In Army messes, modified Indian food was introduced and curry and rice became an accepted lunch item. The missionaries were very busy and opened colleges for girls and once the girls came under the influence of the missionaries, there was no stopping the blending of cultures, and thereby of foods.



A family at table under a punkha

This book brings you a whiff of what it was like during the British Raj. When I was a child, I remember the lovely hot scones, dripping in butter which would be brought to the tea table. The khansamas did not have the sophisticated ovens which we now have but, on ordinary coal chulas and primitive "tandoors" and "tejals", they had learnt to bake the most delicious cakes and pies. Desserts were always a culinary triumph. Elaborate, burnt sugar baskets filled with fruit salads and topped with cream were turned out without effort. Mashed potatoes were carved into the most delightful creations and the salads were, in a manner of speaking, works of art. The table settings were carefully thought out, and the snowy white

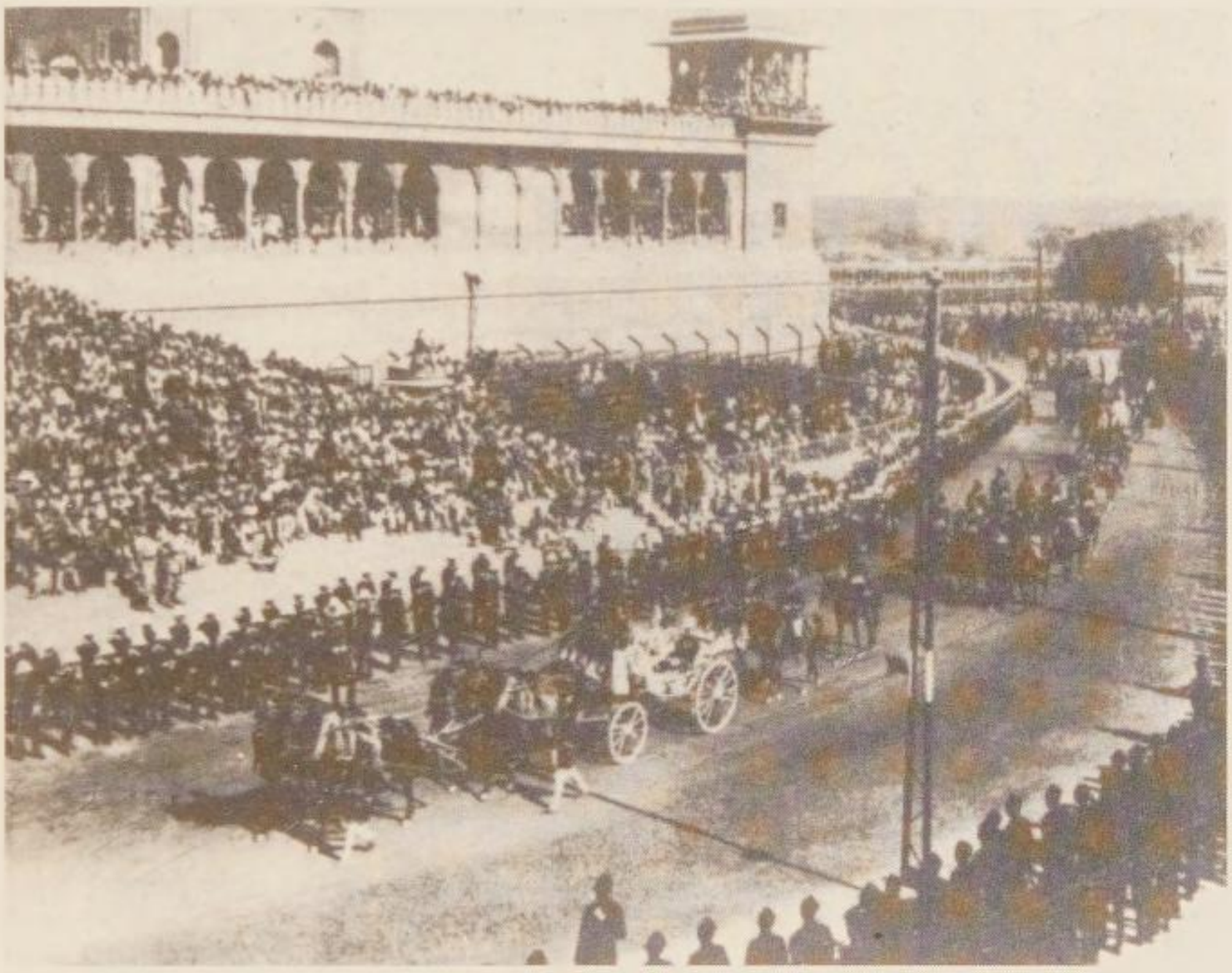
napkins folded into all kinds of shapes were sometimes so complicated, that it took a while to unfold them before use!

A couple of months ago, an old cook came asking for a job. I sent him to a friend who needed a cook and she employed him. I met her the other day and asked how he was doing. "He is slow, but having worked during the good old days of the British Raj, he makes the most wonderful Western food and lovely desserts. He is meticulous in all he does and lays the table so beautifully that it is a pleasure to eat even the simplest meal when it is served so graciously," she said. That is what it was in the days of the Raj — gracious living.

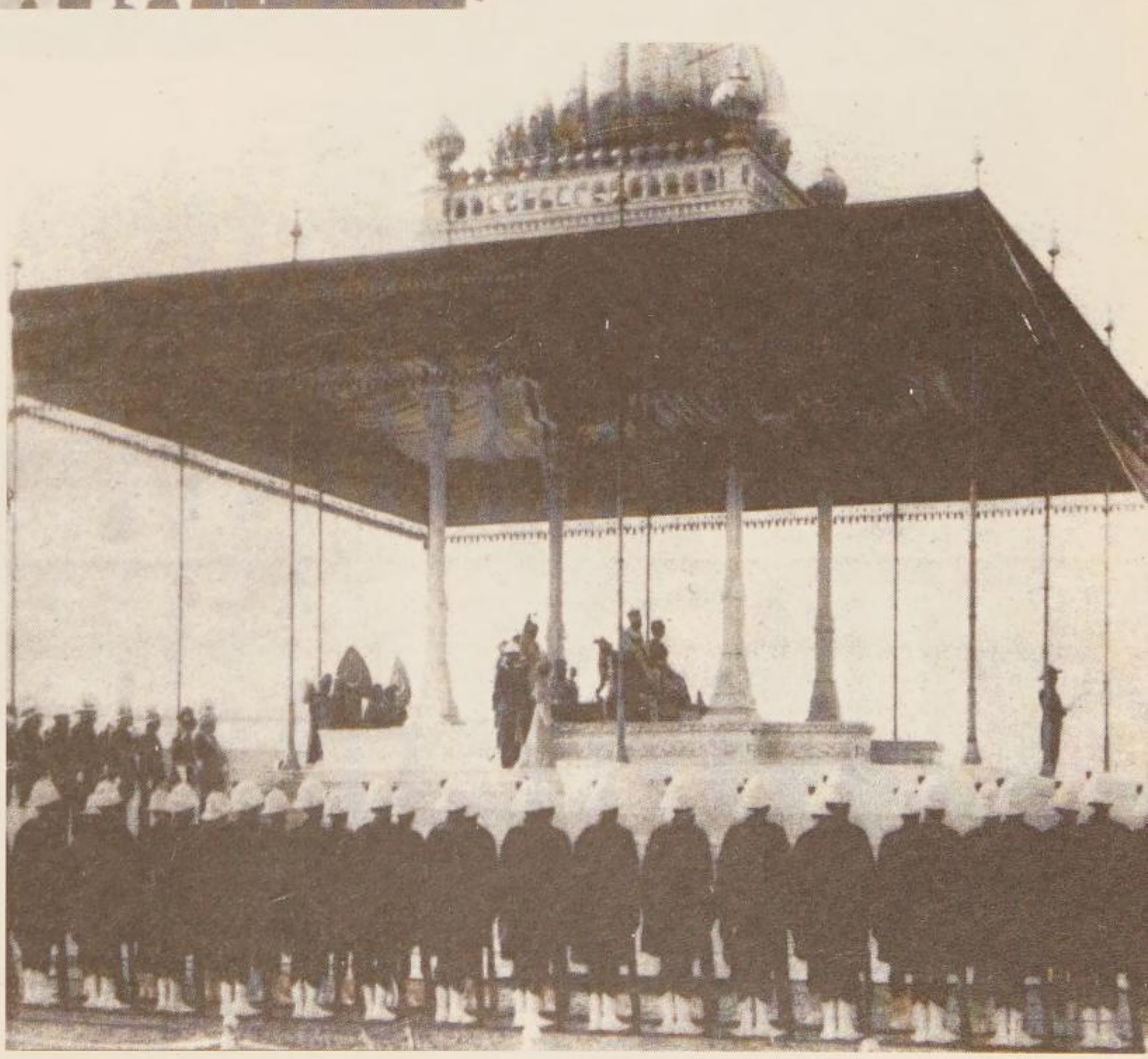
Eleanor Bobb

DELHI DURBAR, 1911

It marked the accession of George V and the official transfer of the capital from Calcutta to Delhi



The Royal procession near Jama Masjid

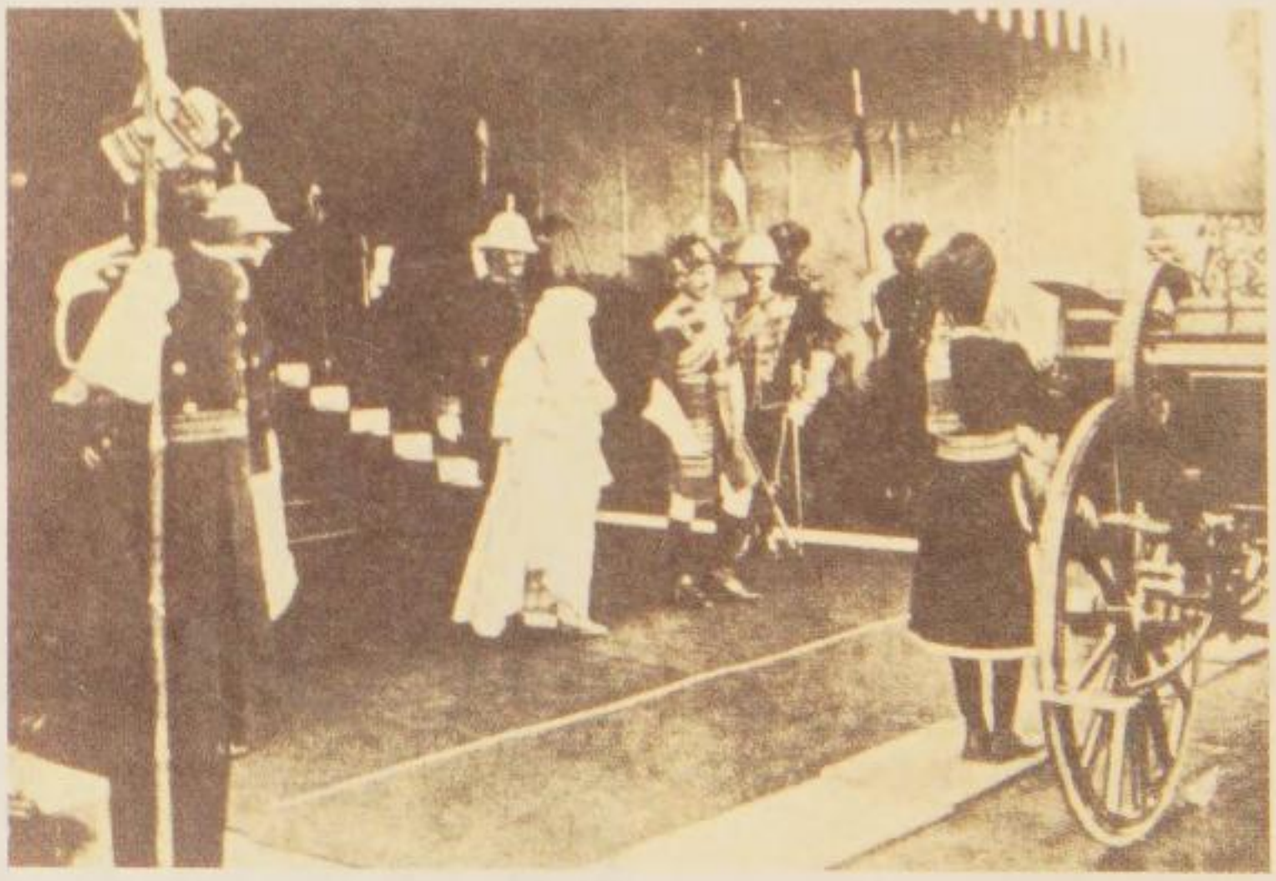


The Royal couple seated under the *Shamiana* on the occasion of the Durbar

A street scene at that time

Her Highness,
the Begum of
Bhopal

H.H. the Begum of Bhopal, leaving the Royal reception tent



The Maharaja of Bikaner and Their Imperial Majesties' pages

Queen Mary and the Maharao in the Palace of Bundi

The King-Emperor's chobdars

Woman's Domain

A Weekly Causerie

By Mrs. John Gilpin

From "The Bombay Chronicle," 1913

The reason of a dinner menu only being given each day is because, in nine out of ten households, the husband does not get back to lunch, and what is left over from the previous day's dinner is quite sufficient for someone for breakfast and all the lunch. Fish, however, unless salted, should never be kept from one day to another, and when brought in the morning should be slightly cooked at once and put in the ice box or in the safe, placed in as airy a spot as can be discovered. Cool larders are hardly to be found in Bombay, so one must do the best one can, and I certainly advise being generous with the ice, and having a proper ice chest or American ice cupboard in which to cool drinks and, incidentally, keep other foods sweet and fresh. On the Bunder, the Pure Ice Supply Co. gives a chit book and one writes the quantity one wants for the day, sending for it in two lots an hour or two before lunch and dinner. It is well washed of saw-dust, etc., and at once put on the sodas and water in the cooler, and gives us fine cold drinks, and cools the chamber below to a suitable temperature for preserving meats and foods fresh. At present 6 lbs. a day suffices, at 4 pies per lb.; when the weather gets hot, 8 to 10 lbs. will be necessary. I find the chit system is better in every way; there is no chance of "graft" anywhere, and the ice supplied is of proper weight and quality.

There are so few flats in Bombay which have a place of any sort for use as a godown in which to have a supply of stores, that I strongly advise opening an account with a respectable firm like Oomrigar in the Market or Phillips in the Fort, and having from them a duplicate book. Notice each day what dry goods, etc., are required, and give your cook the order on these firms, thus ensuring the best quality of the articles supplied. Both firms have a large turnover. Some things suit one's particular fancy from other shops. The best salad oil is to be had at Colonello's in Medows Street at 1/8 a bottle; it can be used for all purposes and has none of the unpleasant rancid flavour many other kinds have. On the other hand, Travers' Macaroni and Vermicelli sold in pound boxes by Phillips and Oomrigar is better and more even in cooking than any other kind I have sampled. One just has to try for oneself where one can get any particular thing best. Cross and Blackwell's Patna rice sold in 7 lb. tins is some of the very best, and Messrs Phillips supply extremely

good rice by the pound, of the quality they supply to Messes. If the cook brings that from the bazaar it is generally poor cheap stuff on which he makes over 100 per cent on the price he charges you. If you have a decent cook, it is a better plan to let him purchase at the daily bazaar, only see to it you get the best quality meat; this can generally be judged by its good red colour — neither whitish nor brownish—and the white colour and quantity of the fat. In justice to him, I know that the butchers are very casual and independent and do not care to be bothered with supplying a single pound or two of meat, and cooks do find difficulty in getting such at times, and have to pay two or three pice more per lb. I have been many times at 5-30 AM. to the Market to see things myself and to check my cook's greed for large profits. But if you have a dubash, you have to pay him his 10 per cent, on your monthly bill; you will probably be charged a little less, but then your place is all that less valuable to your cook. It seems to me the wiser policy then to let him have the 10 per cent so long as he brings really good stuff. If he wants all this profit and brings poor quality of everything, warn, and then sack him and get another. My cook brings excellent soup meat of the bones and stringy parts at anna 1 per lb.; it pans out roughly at anna 1 per plate, for 2 or 3; after that 4 lbs. should do for 6, and so on. Fish is cheap and good these last few days, but it is well to note the time of the tides by the papers, which will give you an idea of when the fishing boats come in, and you can send your cook coolie to Colaba or to Chowpati, whichever you happen to live nearer to, to buy it off the boats. Some will say they cannot, but that is nonsense generally. I have bought pomfret at annas 3 a large pair, while my cook charged me annas 8 for one and he looked a "sick" man when I brought my purchase in. I enjoy doing this sort of thing occasionally and your cook really respects you much more for being knowing. I have heard other ladies who do not bother about domestic matters and leave everything to the servants, spoken of between themselves, in the most opprobrious and contemptuous terms. I have sharp ears, and in these flats the distances are small.

The Servants

It is difficult to hit the happy medium in your treatment of the domestic staff; they need to be kept well up to their daily duties, and yet, sometimes it is wiser to be blind over things, though I always contrive, later on, to let them know I was not hoodwinked though I said nothing. When opportunity offers, they appreciate being given a little holiday, and I never, if it can be helped, refuse them part of the day off, provided the request is not made too frequently. It is really rather surprising how comparatively little they do ask for time away out here.

Then the principle of cutting their pay is not an easy one. It is with the greatest reluctance I ever do it, and it must be something rather big that forces me to it. In one's irritation one loses sight of proportion sometimes, forgetting that Re. 1 in proportion to his wage is what Rs.50 to 60 might be to your income; anyhow, if I have to do it, I try at some future date to return it in the shape of baksheesh, if they have really tried to please me over something.

It is always well to define each man's duties and see that everything from washing up to opening the door is not put upon the coolie or the chokra. I tell my butler that the reason he gets the larger wages is that he should always be available to receive and attend on visitors and act as our body servant, and if the coolie is good enough for that in his estimation, then I object to pay him higher wages than the coolie. When I ask him if he can give a reason why this should not be done, he is quite non-plussed.

Hot Weather Hints

As the hot season may be upon us at any moment, it may be of use to newcomers to warn them against a few of the edibles unwise to take in the hot weather. Raw fruit may be eaten in the day and is very wholesome, but out here it is not wise to take it after sundown, especially of the melon kinds. They are not particularly digestible at any time and are poison to many at night. It is a safe rule to eschew raw fruits after lunch. Lettuce is another thing you need to take care about, and out here, it should be well washed in water in which a good spoonful of boracic powder has been dissolved—it is a strong antiseptic and clears the lettuce of deleterious germs. Boracic powder should be at hand in every household. It costs annas 6 per lb. at M.T. Madon's in Abdul Rehman Street and is invaluable. The meat brought by the cook should be at once well rubbed with it in the hot weather before hanging in a mosquito net bag, or put in the safe. A cut or wound should be washed at once in a solution of it. If sprinkled about in the haunts of cockroaches it effectually gets rid of them, and does not hurt the most delicate fabrics in drawer. Our cook-room swarmed with these pests, and now by a sprinkling of the powder every two or three weeks, we never see one. I could tell twenty uses I make of it, but of that another time.

Some people cannot take any kinds of shell fish; those who can, should instruct their cook to be most careful in removing the little intestinal canal which runs through prawns and lobsters, as that is a constant source of mischief, and they should be brought to the house alive, as otherwise you have no means of judging if they are really fresh.

I propose giving half a dozen recipes for breakfast dishes; breakfast always seems a troublesome meal to cater for anywhere. First let me call your attention to the delight of:

Home-made Potted Meats

The process is so simple, the stupidest cook should be able to make them. It is in the niceties of flavouring he wants instruction and coaching. Say, you have some bits of fowl left from the previous day's dinner. Let the cook free the meat from all skin and gristle, run it through a mincer and then pound it in a mortar with a little green chilli, a dust of nutmeg and lime juice, pepper and salt. Put this in a deckshie with a third of its quantity of butter and make it thoroughly hot without frying it. Press it into little pots and pour over it liquid butter. A little thought, and you will be astonished how you can vary the flavour and how apparently useless odds and

ends of sardines, kidneys, meats, etc., can be utilised. When having a fowl, I invariably use the liver for the next day's potted meat. Here I should say that as these meats are not super-cooked, it is not wise to keep them for more than one day. Worcester, tomato, Harvey and other sauces, besides chutneys, can all be used to vary flavour, and onion juice is a great adjunct to some. The cook simply squeezes a piece of onion until it exudes one or two drops of juice, which is far more delicate as a flavouring than onion itself. Make your cook try it in the next omelette he makes you.

Eschew Sweetbreads

Out here, the real ones may be obtainable, but for a long time I could never understand why those my cook brought, neither looked nor tasted the same as those we used to have at Home, until I chanced to discover I had never had one out here, only the substitute. I advise you to have nothing to do with that.

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The Perfect Dinner

Choice of a Committee of Experts

The famous chefs who passed judgement on the Universal Cookery and Food Association dinner at Prince's Restaurant had nothing but praise for what, without exaggeration, was the perfect dinner.

White and appetising soles "swam" in delicious butter sauce. Sweetbreads that melted in the mouth followed, and dainty portions of mutton served with beans led to chicken and salad. Then came the outstanding dish of the evening — an artichoke confection — which was a wonderful specimen of the culinary art. Chocolate ice brought to an end a dinner that every noted chef present agreed, reached the highest mark of culinary genius.

The secret of the success of the dinner lay partly in the dainty service and partly in the preparation of the palate, by putting the light dishes before the heavy ones. The menu was drawn up by a committee of experts and the dinner prepared by M. Genie, the chef at Prince's Restaurant.

Mr. J. Lindsey, a member of the committee which drew up the menu, was formerly chef at the Junior Carlton Club.

Dinner Menus for a Fortnight

1913

MENU ONE

DINNER MENU FOR FOUR PERSONS

Clear Mulligatawny Soup

Fried Fillet of Pomfret

Jugged Mutton

Sheep's Head Mould with Brain Sauce

Sardine Toast

Castle Pudding

Approximate cost: Soupmeat, annas 3. 1½ lbs. Neck of mutton, annas 8. 1 Pomfret, annas 6. Sheep's head, annas 3. 1 seer Potatoes, pies 9. 1½ seers Knolkhol, annas 1½. 6 Eggs, annas 3. Green stuff, pies 6. Total: Rs. 1-8-9.

Clear Mulligatawny Soup

This should be made from the liquor in which the sheep's head is boiled, but unless your cook is well in hand he will make a great fuss and spoil the soup. Let him prepare the soup stock as usual and strain through a sieve. Three onions sliced and fried, 2 carrots and one to two teaspoonfuls of curry powder be added, pepper and salt to taste. Boil for another hour, strain well, and serve with boiled rice and slices of lime.

Fillet of Pomfret

All cooks can do this very well and no directions need be given. Serve with fish sauce.

Fish Sauce

Mix with a teacup of milk and water, a dessert-spoonful of flour and boil it well for five minutes; add the yolks of two raw eggs, a cook's-spoonful of butter and a dessertspoonful of anchovy sauce, remove it from the fire and add some lime juice and pepper. The sauce should not boil again after the eggs have been added.

Jugged Mutton

Raw mutton may be used or some left from the previous day; in the latter case, less cooking will be required. Put into a jar the meat, two onions sliced and fried, a carrot, a stick of celery, a tablespoonful of red currant jelly, a glass of port wine, a little chilli, vinegar or lime juice, six peppercorns and some salt and two tablespoonfuls of water; hermetically seal the jar and stand it in a deckshie of water in the oven for two to four hours. Remove all but the meat before serving in the jar.

Sheep's Head Mould with Brain Sauce

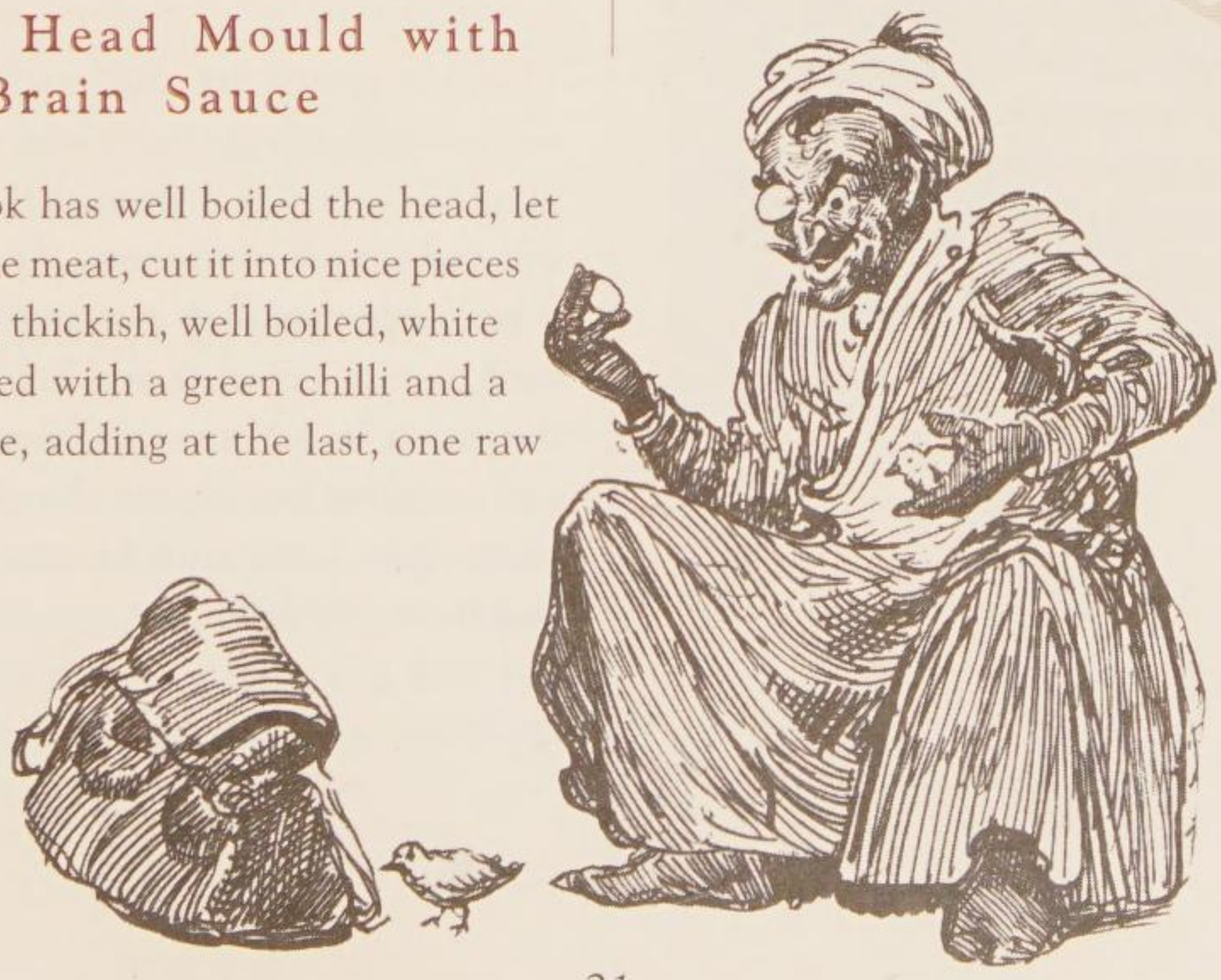
When the cook has well boiled the head, let him remove the meat, cut it into nice pieces and mix it in a thickish, well boiled, white sauce, flavoured with a green chilli and a little lime juice, adding at the last, one raw egg. Press this into a mould, tie over with paper and steam for half an hour. The brain should be rubbed through a fine sieve and added to a little thickened milk, with pepper and salt and served as sauce. The tongue may be kept for use as potted meat for breakfast the following day.

Sardine Toast

Free the fish of all bones and skin, and pound in a mortar with an olive, six capers, a little green chilli and vinegar, pepper and salt. Spread this on rounds of bread and serve hot or cold.

Castle Pudding

Equal portions of flour, butter and sugar and one or two well beaten eggs and a grating of lime peel. Butter small moulds and put a teaspoonful of jam at the bottom, half fill with the mixture and bake for ten to fifteen minutes, turn out and serve.



MENU TWO

DINNER MENU FOR FOUR PERSONS

Green Pea Soup

Salmon Steak

Braised Partridges

Corned Shoulder of Mutton

Anchovy Biscuits

Fruits Macedoine

Approximate cost: Salmon steak, annas 8. 2 Partridges, annas 9. 3 lbs. Shoulder, annas 13 ½. 1½ seers Peas, annas 1.6. Mixed vegetables, annas 3.6. 1 seer Potatoes, pies 9. 6. Eggs, annas 3. Mixed fruit, annas 6. Total: Rs. 2-13-3.

Green Pea Soup

1 to 1½ seers green peas and a teaspoonful of the finely-minced green part of spring onions and some mint should be put into the stock after the first straining and allowed to simmer until the peas can be rubbed through a sieve — return the puree to the saucepan and as soon as it is hot, add a half tea-cup of milk, or half that of cream, pepper and salt, and finely-minced lean bacon or ham, fried crisp.

Salmon Steak

This should be steamed for about ½ to ¾ of an hour, putting it in a small deckshie inside a larger, with boiling water halfway up the small one and covered over. Mayonnaise sauce may be served with this and slices of lemon, or a well-boiled white sauce flavoured with anchovy to which finely-minced prawns have been added.

Braised Patridges

They are usually dry and tough when roasted in the ordinary way. Rub them well with good salad oil — dredge them with flour mixed with salt and pepper, stuff them, if preferred, but it is not necessary — if not, put in the body of each, a slice of onion and half a green chilli. Put them in a hermetically sealed deckshie and stand on a grating in the oven for ½ to ¾ of an hour. Serve with its own gravy essence and fried crumbs.

Corned Shoulder of Mutton

Let the cook keep it for 3½ hours only in the masala — then bone it and remove any bad tough skin and gristle — cooks are very tiresome about that — and roll it, tying it firmly together. Then steam it with 2 carrots, 1 turnip, 1 stick of celery, 2 onions and a small cabbage, all of which should be sent to table with it, after the string has been removed from the meat. Steam in one deckshie inside another for 1½ hours to 2 hours, according to the size.

Rs. 1,000, IN TINS OF MILK.

HIDDEN TREASURE.

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VOUCHERS WORTH Rs. 100 EACH.

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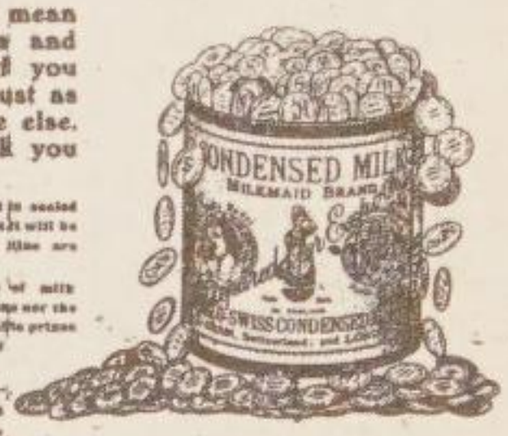


The vouchers for Rs. 100 each will be contained in sealed pedlegan furnished to the tins in such a manner that it will be impossible to discover their presence until the tins are opened.

The tins will be packed in the ordinary cases of milk despatched to Bombay and Madras. Neither the tins nor the cases will bear the slightest indication of the valuable prizes contained in them. So everyone has an equal chance of securing one or more of the rewards.

The fortunate finder of each voucher will be required to use his or her best endeavours during one week to promote the sales of Milkmaid Milk, and before the Rs. 100 are paid the finder will be required to satisfy the Company that he or she has complied with this condition.

When you find the voucher send or bring it at once to the Hostile and Anglo-Swiss Condensed Milk Co., Fort Building, Hornby Road, P.O. Box 365, Bombay.

Fruits Macedoine

Cook some apple quarters without breaking them; stew and stone some prunes; carefully skin some orange quarters; slice some plantains and add a few grapes. Sift castor sugar over these in a bowl and add a wineglassful of sherry or half that of rum or maraschino. Leave for an hour. Add this to some rather stiff, nicely flavoured jelly mixture, put all into a wet mould and stand on ice. Serve with or without whipped cream.

Anchovy Biscuits

Make a paste by pounding anchovies or macassar fish with a little oil, vinegar and a drop or two of Tabasco sauce. Make some pastry as for cheese straws and cut it into even-sized rounds — put some of the prepared paste between each two rounds like a sandwich, and bake for 10 minutes.

MENU THREE

DINNER MENU FOR FOUR PERSONS

Carrot Soup

Pomfret in Mayonnaise Jelly

Beefsteak en Casserole
with Macaroni & Tomatoes

Braised Loin of Mutton

Cheese Crab

French Pancakes

Approximate cost: — 1 lb. Steak, annas 3. 2 lbs. Loin mutton, annas 9. Fish, annas 6. Soupmeat, annas 4. 1 seer Tomatoes, pies 9. 1 seer Carrots, pies 6. 1 seer Potatoes, pies 9. 6 Eggs, annas 3. Parsley, etc. pies 6. Total: Rs. 1-11-6.

Carrot Soup

Prepare stock, and add after the first straining, 1 seer of carrots, and an onion fried a nice brown. Boil until the carrots are as soft as possible, then pulp all through a sieve and add pepper and salt to taste.

Pomfret

Any cooked fish cut in medium pieces — the bones and trimmings boiled in a little water, strained and gelatine added to make a very stiff jelly. Set this on the ice and when quite cold, whip in gradually, sufficient ordinary mayonnaise sauce. Put a bit of parsley at the bottom of a small mould — then the fish and well cover with the jelly mixture — place on ice, turn out and serve.

Beefsteak en Casserole

Sufficient good rumpsteak dredged with pepper and salted flour, cut into neat pieces, should be put into a casserole with 4 sticks of Travers' macaroni, 1 seer of skinned tomatoes, 2 onions sliced and 2 tablespoons of water, the lid placed on and stood on a grating in a moderately hot oven for 1 to 1½ hours. Previously cook the macaroni by throwing it into boiling water and boiling it for 20 minutes. Serve with baked potatoes.

Braised Loin of Mutton

This should be carefully jointed by cutting through just the bone with a meat saw — dredge with pepper and salted flour and put in a hermetically sealed deckshie in the oven for 1 hour. Its own good gravy, also red currant jelly, may be served separately.

Cheese Crab

Pound 2 ozs. of cheese with a dessertspoonful each of anchovy sauce, made mustard, chilli vinegar, a little salt and pepper, the yolks of 2 hard-boiled eggs and a tablespoon of butter. Serve on squares of bread, cold.

French Pancakes

Equal portions of butter, flour, and castor sugar with sufficient milk and well-whisked eggs to make a thickish batter — 1 egg to each ¼ seer of milk is the proportion. Beat all together for 5 minutes, and fill buttered shallow tins, saucers for about ½ an inch and bake for 15 to 20 minutes. Spread thinly with jam, roll and serve — or place one above the other with jam in between, sprinkle castor sugar and serve hot.

MENU FOUR

DINNER MENU FOR FOUR PERSONS

Clear Vegetable Soup

Fish in Thick Sauce

Duck Salmi with Orange

Steamed Neck of Mutton with Caper Sauce

Housewife Toast

Cold Souffle

Approximate cost: Soupmeat, annas 4. Fish, annas 5. Duck, annas 14 to 1 rupee. Mutton 1½ lbs., annas 6-9. Eggs, annas 3. Mixed vegetables, annas 2. Odds and ends, anna 1. Knolkhol, annas 2. Potato, anna 1. Total: Rs. 2-8-9.

Clear Vegetable Soup

About an hour before the first straining add a seer of mixed vegetables. Take about four ounces of carrots and turnips raw, cut into small rectangular pieces about an inch long, fry them in butter with a pinch of salt and sugar but do not brown them, and then put them into boiling water to remove all the fat. Add these after the second straining to the soup, with sherry to taste. The thin strings of vegetables that the cook usually puts in the soup are messy and flavourless — they should always be fried as above.

Fish in Sauce

Free any fins of skin and bones and break into neat pieces. Prepare a sauce as follows: fry one tablespoonful of flour in half a tablespoonful of butter and a whole one of good olive oil, but do not brown it. Add slowly a coffee-cupful of hot water or broth in which the fish bones and trimmings have been boiled — a dessert spoonful of anchovy sauce, half a teaspoonful of dry mustard, the well mashed yolk of a hard-boiled egg, a pinch of salt and 2 or 3 drops of Tabasco sauce. The fish should be heated in this and slices of lime sent in with it.

Duck with Orange

Let the cook prepare the duck as for an ordinary salmi which all cooks can make very well, flavouring the gravy with pieces of fresh orange peel, which should be removed before serving. Carefully, skin a dozen or more orange quarters and garnish the duck at the very last with them.

Steamed Neck of Mutton

Put 1½ to 2 lbs. neck of mutton in a small deckshie with a coffee-cup of water, a dozen spring onions, a green chilli and a sliced carrot. Place this in a larger deckshie of water halfway up the smaller one, cover the whole over and steam it for an hour or rather more. For the sauce, thicken sufficient of gravy with flour, boil it well, add butter, a little milk, a little Worcester sauce and chopped capers to taste — serve separately.

Housewife Toast

Mix 1 heaped tablespoon grated cheese, 1 teaspoonful butter, 6 to 10 capers minced, 4 anchovies or red fish, a mustard-spoon made mustard, a pinch of sugar, salt and a little oil — pound this — stand a stoned olive in the centre of a fried round of bread, heat the cheese mixture and pour over the whole.

Cold Souffle

This is practically a rich custard beaten up with sufficient gelatine to make it wobbly stiff and served in the plain china or silver mould in which it is set, with finely powdered, sweet biscuit crumbs over the top. The cook should thoroughly dissolve the gelatine in the heated milk before adding the eggs and 2 ozs. of cream to ½ a seer of custard and a half wineglassful of benedictine, or equal portions of rum, sherry and gin. Cooks generally make this too sweet — flavour with lime peel and some of the juice.

MENU FIVE

DINNER MENU FOR FOUR PERSONS

Italian Rice Soup

Fish Patties

Green Peas Entrée

Fowl Braised with Beef and Chestnuts

Diablotins of Cheese

Plantain and Strawberry Sweet

Approximate cost: Soupmeat, annas 3. Fish, annas 6. Beef, annas 6. Fowl, annas 12. Fruit, annas 6. Green Peas, annas 3. Eggs, annas 3. Potatoes, annas 1½. Odds and ends, annas 3. Total: Rs. 2-11-6.

Italian Rice Soup

Make stock in the ordinary way. Take 2 tablespoonfuls of well-washed rice and simmer until tender in 2 cupfuls of the stock with a cook's-spoon of butter, salt and whole peppercorns. Cut two knolkhols into cubes and fry these with a slice of onion until brown, and stew them until tender in a cupful of stock. Mix with the rice and serve with grated cheese.

Fish Patties

Flake and flavour, rather highly, any cold fish or minced prawns, and mix with savoury sauce. Line patty pans with good puff paste, or, for those who do not eat pastry, potato mashed with milk, pepper, salt and butter and bound with an egg. Fill with the prepared mixture, put a small cover on top of paste or potato, brush with egg yolk and bake.

Green Peas Entrée

Shell 2 seers of green peas into a bowl of water, carefully clean the pods and cut them into a pan with some mint and water just to cover them, a dessertspoonful of sugar and half of salt. Simmer for at least an hour and strain. Into this liquid, put the peas to boil until done, and strain. With a cook's-spoonful each of butter and flour, make a thickening by frying them together until well cooked and adding gradually, a cupful of the pea broth. Well boil, strain, and add the peas, and at the last, a tablespoonful of cream or milk. Serve with pieces of fried bread.

Fowl Braised with Beef and Chestnuts

Trim a pound of underpart into small neat pieces and marinate them for four hours in a mixture of mustard, pepper, salt, Tabasco sauce, shredded onion, a tablespoon each of oil and any good sauce and the juice of a lime. Put into a pan, a cook's-spoonful of butter, a sliced carrot, onion and a little celery. On this, lay the beef fillets, and on them the fowl, neatly trussed for boiling. Cover the breast with slices of bacon, and add a large cupful of water and the marinade sauce. Parboil 18 chestnuts, peel and add to the fowl, braising the whole together for two hours. Send the fowl to table covered with a good white sauce, and the beef, chestnuts and gravy in a separate dish.

Diablotins of Cheese

Line some small moulds with cheese paste made as for cheese straws. Make a mixture of a cook's-spoon of butter rubbed into the same of cornflour, 3 tablespoonfuls of grated cheese and a teacupful of milk, all boiled together well. Stir in at the last, some Tabasco sauce and two well-beaten eggs. Half fill the moulds with this and then put in a spoonful of anchovy or bloater paste. Fill with mixture, dust with grated cheese and bake until a light brown; turn out and serve hot.

Plantain and Strawberry Sweet

Take four red plantains, peel, scrape and cut them in halves lengthwise, half and quarter these, and lay them in a marinade of a wineglass of mixed gin and brandy, the juice of a lime and castor sugar. Do the same with 2 or 3 dozen nice strawberries in a separate dish, for two or three hours. Make half a seer of good custard flavoured with noyau. Butter a border mould and line it with butter paper. Lay the plaintain pieces in crosswise to allow the custard to fill in. Fill up with custard to within an inch of the top and steam gently until set. When cold, turn it out, fill the centre with the prepared strawberries, and pour over a syrup made of strawberry juice, sugar, lime juice and equal parts of gin and brandy. Serve with or without cream.

MENU SIX

DINNER MENU FOR FOUR PERSONS

Canapes of Ham

Yachting Soup

Ox Tail en Casserole

Wall Street Vol-au-Vent

Olives in Aspic

Parisian Tart

Approximate cost: 5 dozen Prawns, annas 10. Ox Tail, annas 3. Brains, Tongues and Kidneys, annas 7. Eggs, annas 3. Onions etc., annas 3. Potatoes, anna 1. French beans, annas 2. Strawberries, annas 8. Total: Rs. 2-5-0.

Canapes of Ham

Prepare 4 biscuits made of short paste seasoned highly, into which some pounded and sieved ham has been mixed, rolled out to half an inch thick; bake and let cool. Take 2 tablespoonfuls of pounded ham meat, and one of the fat, rubbed through a sieve; season with pepper, chilli, vinegar and a dash of spice. Mix in two raw eggs and a tablespoonful of finely-minced mushrooms or olives. Steam these in small moulds for half an hour, and when cold, turn them on to the prepared biscuits, and pour over them some thick, white sauce flavoured with lime juice, Tabasco sauce and a little sherry.

Yachting Soup

Tie in muslin 2 onions stuck with 2 cloves, some spice and whole pepper; and boil in two seers of water. Cook, shell, and pound 3-4 dozen prawns (removing the small dark tube) together with 1½ seers of well-cooked green peas. Add this paste to the water, and boil for half an hour, and strain. Well bake any odd crusts of bread, and simmer them in the strained soup until absorbed; and, if necessary, to thicken, add flour and butter cooked together, but, only the butter, if thick enough. Finely mince another 2 dozen prawns and toss in just before serving and add lime juice, grate of peel, Tabasco sauce and salt.

Ox Tail en Casserole

Joint the tail and throw the pieces into boiling water and leave them for 15 minutes to blanch. Put them into the casserole with 1 onion, 1 carrot, 2 cloves, 4 or 5 whole peppers, 1 green chilli and a bit of lime peel, in water sufficient to well cover, and fasten the lid firmly. Stand on a grating in a moderate oven for four hours, serve in the casserole after removing onions, etc., which may be tied in muslin for this purpose.

Wall Street Vol-au-Vent

Let the cook prepare a pastry case as for the usual one for fowl. Then prepare a light brown stew or ragout of 2 well-blanched and cooked brains cut in cubes, 2 cooked and skinned sheep's tongues sliced, slices of ham and 2 minced kidneys, all flavoured with sauce, onion juice and green chilli, adding at the last, 2 eggs beaten up with a little cream or Ideal Milk and half a wineglass of sherry. Pour this into the vol-au-vent case and just heat in the oven, and serve.

Olives in Aspic

Carefully remove the stones from sufficient olives, and fill them with a very thick mayonnaise mixture flavoured with anchovy. Stand each in a tiny mould and half fill it with aspic. When cold, stand on a fried square of bread, spread thickly with anchovies or red fish rubbed into butter with Tabasco sauce and vinegar.

Parisian Tart

Line a tart dish with thin puff, or short crust. Fill, piling high with carefully picked strawberries, sift a good deal of castor sugar over them, and pour half a wineglass of mixed gin and brandy over all. Cover with the paste, closing the edges well with water; brush over with white of egg, and dust thickly with sugar. Bake in a quick oven and serve as soon as cooked. Maraschino may be used but gin and brandy are cheaper and do just as well.

MENU SEVEN

DINNER MENU FOR FOUR PERSONS

Pea Soup

Bouille a Baise

Cold Mutton Cutlets a La Fermiere

Broiled Underpart

Russian Eggs

Apple Souffle

Approximate cost: 1 Shin, annas 3. Fish, annas 6. 1½ lbs. Veal, annas 6. 1½ lbs. Underpart, annas 6-9. Eggs, annas 3. Potatoes, anna 1. Green Peas, annas 2. Apples, annas 6. Odds and ends, annas 3. Total: Rs. 2-5-3.

Pea Soup

A cupful of dried peas should be put to soak overnight. After draining, put them in a pan with bones of ham or bacon, a shin broken up, one sliced carrot, 2 onions, a stick of celery and 6 to 8 large cups of water. Simmer all gently, stirring and skimming for 4 hours, remove the bones and rub through a sieve. Reboil the soup, stirring in a tablespoonful of butter and flavouring to taste. Serve with powdered mint.

Bouille a Baise

Slice 2 onions and brown without burning in a little butter. Then arrange any kind of fish, cut into suitable pieces in the stew pan on the fried onions. Add a tablespoonful of olive oil, a little garlic, some slices of lime, 2 or 3 skinned and sliced tomatoes, a saltspoonful of powdered saffron and a glass of white wine or cooking sherry. Cover with stock made from boiling the fish trimmings and bones, and simmer the whole very gently for 15 to 20 minutes, skimming carefully the while. When serving, sprinkle the whole with a tablespoonful of blanched and finely-minced parsley.

Cold Mutton Cutlets a la Fermiere

Prepare some nicely trimmed mutton cutlets by braising, and stand aside to get cold. Prepare a thick white sauce made with a rather highly-flavoured soup or stock and sufficient gelatine to stiffen it. When cold, add at the last, a teaspoonful of finely-minced parsley and a few drops of lime and onion juice. Coat the cutlets thickly with this mixture, and serve round a mound of broken lettuce leaves, pickled cress and beet-root tossed in vinegar and oil.

Broiled Steak

Marinate for 2 hours a nice steak of underpart in a mixture of oil, vinegar, pepper, salt, sugar and any good sauce. Butter a sheet of paper and twist the four corners to form a small tray. Lay the steak in this and broil each side for about five minutes over a clear fire. Serve with a brown sauce made of butter and flour fried together until well browned, sufficient stock added, pepper, salt and half a wine glass of Madeira or sherry. Wafer potatoes should be served with this.

Russian Eggs

Make a thick savoury custard, flavouring with lime and onion juice, pepper and salt. Butter some small plain moulds. Set them in a shallow quantity of boiling water and steam. When cold, remove a small egg-shaped piece from the centre of each to form a small cup. Turn them out of the moulds and stand them on a dish; fill each cavity with a heap of finely-minced ham or caviar, flavoured with a dash of lime juice, Tabasco and tomato sauce. Pile high and garnish with rounds of green chilli.

Apple Souffle

Stew in a close jar in the oven, 5-6 apples, with a wineglassful of water, lime peel, and one clove. Mash to the smoothest pulp, and stir in while hot, 2 tablespoonfuls each of butter and sugar. When cold, whip in first the yolks of the eggs, and then the whites previously beaten very stiff, all the time gradually dropping in a small cup of fine breadcrumbs. At the last, add a tablespoonful of lime juice and rum mixed, and beat for at least 3 minutes until reduced to a creamy mass. Bake in a buttered dish in a moderate oven, putting paper over the top to prevent a crust forming, until the last 10 minutes. It takes about an hour to bake.

MENU EIGHT

DINNER MENU FOR FOUR PERSONS

Brown Pumpkin Soup

Cutlets of Fish with Queen Sauce

Meat Souffle

Glaced Ox Tongue

Turkish Toast

Currant Pancakes

Approximate cost: Soupmeat, annas 4. Pumpkin, anna 1. Salmon, annas 8. Ox Tongue, annas 5. Eggs, annas 3. Potatoes, anna 1. Carrots, annas 2½ . Odds and ends, annas 2. Total: Rs. 1-14-6

Brown Pumpkin Soup

Most cooks can make this very well but they seldom cook in with the pumpkin before rubbing through the sieve some well-fried onion; it adds greatly to the flavour.

Fish Cutlets with Queen Sauce

Prepare the salmon or other fish cutlets in the ordinary way. To a teacupful of stock, add 1 teaspoonful anchovy sauce or mushroom ketchup, pepper, salt, parsley and onion juice, the juice of half a lime and ½ a glass of sherry. Fry some flour to a rich brown in some butter, and gradually add the above. Let the cutlets just heat in this and serve.

Meat Souffle

Take any cold meat, run through a mincer and pound it and add to a teacupful of thick white sauce well flavoured — in a proportion of 4 ozs. of prepared meat paste to a cupful of sauce and see that the sauce is well boiled. To the meat and sauce, add the yolks of 3 eggs and beat all well, at the very last, the whites beaten to a stiff froth. A quick oven is needed and it will take from 20 to 30 minutes. It rises enormously, so only fill the souffle dish one-third.

Glaced Ox Tongue

Let the cook salt this for 2 hours only. Then put it into a deckshie of cold water, with whole pepper, onions and cabbage and simmer very gently for 4 hours. It will be ruined if it boils. Make a sauce of a tablespoonful or more of cornflour fried in butter, adding sufficient of the tongue liquor to make it of a creamy thickness; add onion juice, a dozen minced capers, a tablespoonful of chopped parsley, 2 pounded sardines, lemon juice and sugar. Skin the tongue and simmer in this for another hour. Boil the sauce up again after removing the tongue, adding a spoonful of pickle vinegar and a glass of sherry — pour over the tongue and serve.

Turkish Toast

Prepare a small portion each of maitre d'hotel butter, prawn butter and curry butter. These are made by pounding parsley and adding it to butter with pepper and salt; prawns the same, adding Tabasco sauce and lime juice; the curry powder also rubbed into butter, adding a little chutney. Prepare some fried toast, and in the centre place an egg made of red fish or anchovies mixed with the hard boiled yolk of an egg and a little Tabasco sauce. Round this, put neat heaps of the prepared butter with slices of white of egg in between; serve cold.

Currant Pancakes

Wash and partially cook sufficient ordinary currants in sugar and water, until they soften. Drain well and add them to the pancake batter, made according to the recipe (given on page 39), just before the egg whites are beaten in. Fry in the ordinary way to a light brown and serve with lime and sifted sugar.

MENU NINE

DINNER MENU FOR FOUR PERSONS

Sheep's Head Soup

Scalloped Fish

Mutton Cutlets with Cheese

Roast or Braised Beef with Walnut Pickle Sauce

Craigie Toast

Ginger Pudding

Approximate cost: 1 Sheep's Head, annas 3-6. Fish, annas 5. 1½ lbs. Neck mutton chops, annas 6. Rump steak, annas 4-6. Suet, annas 1. Potatoes, I seer, pies 9. Limes and mixed vegetables, annas 2. 2 small Cauliflowers, annas 3. Odds and ends, annas 1-3. Total: Rs. 1-14-0.

Sheep's Head Soup

Break the bone of sheep's head; wash well and lay it in salted water for half an hour. Put it into cold water with some chopped mixed vegetables and simmer for 4 hours; strain, rub the vegetables through a sieve; cook the brains and tongue, chop and pound to a paste, mix with bread crumbs, pepper, salt and bind with an egg; form into balls and bake in the oven. Heat up the soup with the vegetables, add a cupful of milk and slightly thicken with cornflour, and serve with the prepared balls.

Scalloped Fish

Take any fish, freed from skin and bone and broken into very small pieces. Mix with it a tablespoonful of rum, half that of lime juice, saltspoon of sugar, salt, pepper, 2 teaspoonfuls Worcester or tomato sauce and a few drops of onion juice and Tabasco sauce. Put this in buttered scallop shells, sprinkle with fried crumbs and put a dap of butter on each. Bake for 5 to 10 minutes.

Mutton Cutlets with Cheese

Prepare neck chops in the ordinary way, dip them in an egg and roll in fine crumbs and grated cheese, equal parts of each, and fry in the ordinary way. Put a little heap of grated cheese on each, when serving, and stand in the oven to just melt it.

Roast or Braised Beef with Walnut Pickle Sauce

Take a good rump steak, and put over it a layer of breadcrumbs mixed with a little onion, chopped parsley, pepper and salt. Roll and tie this, and put to be braised, as before directed, in a closed deckshie standing on a grating in the oven. Before serving, add to the gravy some finely-chopped walnut pickle, a teaspoonful Worcester sauce, 2 teaspoonfuls port wine and some Tabasco sauce and salt. Pour over the rolled steak and serve.

Craigie Toast

Beat 3 eggs, and mix in some finely chopped green chilli, the pulp of 2 tomatoes cut in pieces, a spoonful of milk, a little salt, sugar, pepper and a cook's spoonful of butter. Stir over the fire until hot and serve on hot buttered toast.

Ginger Pudding

Two tablespoonfuls each of flour, breadcrumbs, finely-chopped suet, sugar and finely-minced preserved ginger and a teaspoonful of grated lime peel. Mix all these and add, if preferred, a spoonful of powdered ginger, enough milk to moisten the mixture, and 3 well-whisked eggs. Put in a buttered mould, tie down with paper and steam for 2 hours. Serve with a sauce made of equal parts of the syrup and sherry and the juice of a lime, heated together.

MENU TEN

DINNER MENU FOR FOUR PERSONS

Scotch Broth

Rolled Pomfret in Aspic Jelly

Meat Vol-au-Vent

Roast Loin of Beef

Cheese Roll

Pancakes

Approximate cost: 2 Breasts Mutton, annas 4. Fish, annas 6. Loin of Beef, 3 lbs. annas 9. 2 Cauliflowers, annas 4. 1 seer Potatoes, anna 1. 6 Eggs, annas 3. Mixed vegetables, annas 3. Prawns, annas 3. Total: Rs. 2-1-0.

Scotch Broth

The two breasts of mutton should be put into cold water and simmered slowly for 3 hours, skimming well all the time. Wash 3 tablespoons pearl barley, shred up a small cabbage, grate two carrots, slice a turnip and add these to the broth, with a dozen green onions and a few crusts of bread. This should all simmer for another 2 hours, when the bones may be removed, the meat cut in small pieces and pepper and salt added to taste.

Rolled Pomfret

Each fillet should have a small sausage of minced prawns nicely flavoured with a little green chilli, very little lemon peel, a little anchovy, breadcrumbs and egg, laid on it and rolled round it and fastened until cooked, by steaming. Lay them in a flat, plain mould and cover with aspic jelly which all cooks can make very nicely. Serve garnished with parsley.

Meat Vol-au-Vent

Any meat left from the previous day may be made into a savoury thick stew with the addition of a fresh sheep's tongue and two or three slices of bacon, or a bit of sausage left from breakfast — in fact, any savoury odds and ends, adding at the last the yolks of one or two eggs. Prepare a pastry case as for a vol-au-vent and fill it with the prepared ragout, or make smaller ones of the turnover kind. Bake until the pastry is nicely browned and serve.

Loin of Beef

May be well rubbed with oil or butter, dredged with salted and peppered flour and braised as previously directed, with some potatoes thinly peeled and also rubbed with butter. Well-boiled small cauliflowers may be served with a little melted butter in a spoon poured over and sprinkled with fried crumbs. The large cauliflowers are very strong flavoured.

Cheese Roll

Take ¾ lb. of any dry scraps of cheese and grate them. Rub a hard-boiled yolk of an egg into a tablespoonful of oil, adding one after the other, a teaspoon each of pepper, castor sugar, made mustard, half the same of salt, 3 or 4 drops of Tabasco, and finally onion or plain vinegar with onion juice added. Shape into a roll and set it on ice. A plain lettuce salad and cheese biscuits may be served with it.

Pancakes

The average Indian cook's pancakes are horrid, but if the following directions are insisted upon, they can be made delicious. Put half a pound of flour in a basin, make a hollow in the centre and work in the yolks of two unbeaten eggs and some milk. Keep on stirring the flour in gradually, adding more milk as required until the whole is a stiffish paste, which must be worked until all lumps are rubbed smooth. Thin it down a little until like thick cream and beat the mixture well until it is all air bubbles, five to ten minutes. Set it aside for an hour, and just before using, add a little salt and the well-whisked egg whites. About a coffee cup of this for each pancake which should not be too thin, and must be nicely browned on either side, dusted with sugar, lime juice added and rolled up and placed on a dish in front of the fire until the rest are cooked. Sift sugar over all, before using.

MENU ELEVEN

DINNER MENU FOR FOUR PERSONS

Sago Soup

Aspic of Prawns or Lobster

Celery Croquettes

Roast or Braised Breast of Veal

Devilled Biscuits

Rum Omelette

Approximate cost: Soupmeat, annas 4. Prawns, nil, but Fish, annas 6. Veal, annas 8. Celery, annas 3. Potatoes, anna 1 12 Eggs, annas 6. French beans, annas 3. Odds and ends, annas 2. Total: Rs. 2-1-0.

Sago Soup

Wash a heaped tablespoonful of sago and add it to the stock after the first straining, with an onion stuck with cloves, which must be removed before serving. When the sago is quite clear and soft, add the juice of a lime, salt, pepper and a little sherry and yolks of 2 eggs beaten in a little milk. The latter must be put in at the last and not boiled afterwards.

Aspic of Prawns or Lobster

Prepare an aspic richly flavoured and coloured with tomatoes. The prawns cut in halves lengthwise to the lobster cut in neat pieces should be packed in a border mould with a dusting of cayenne and filled up with the aspic. Serve with a garnish of highly-flavoured cold tomato puree, lettuce leaves dipped in oil and vinegar, and hard-boiled egg quarters.

Celery Croquettes

Pour boiling water over washed celery, cut into neat lengths and let it stand for 10 minutes. Take out celery and put it with sufficient milk into a deckshie with a little onion, pepper, salt, one clove and one green chilli, and simmer until tender. Make a thick white sauce, to which add the celery and cook for 15 minutes, adding at the last, a well-beaten egg. Spread it on a dish to cool, form into a ball, roll in egg and breadcrumbs, and fry.

Roast or Braised Breast of Veal

Remove the bones and put in a stuffing of breadcrumbs, any ends of bacon minced, a kidney, pepper, salt, onion juice, parsley, one egg and Tabasco sauce, and shape into a neat roll or joint. Put it in a deckshie with a teacupful of sherry and water, a slice or two of bacon, and a tomato. Cover and stand on a grating in the oven. Before serving, take it out and brown it in the oven, well basting the while. Strain the gravy, and serve separately.

Devilled Biscuits

Thickly butter some thin cheese biscuits or Bath Clivers, dusting them well with cayenne and black pepper, salt and curry powder. Set them into the oven until hot and crisp. Pour a little hot liquid butter over each.

Rum Omelette

Let the cook prepare the eggs as for an ordinary sweet omelette, adding for each egg, a teaspoonful of rum and 2 drops of vanilla essence. Heat any jam (apricot preferably) and, when ready to serve, spread the hot jam over the cooked omelette, fold over quickly on to a piping hot dish, and set fire to a half wineglassful of rum poured over it.

MENU TWELVE

DINNER MENU FOR FOUR PERSONS

Tongue Soup

Baked Fish and Radish Sauce

Fowl Pilao

Rolled Mutton Steak

Cheese Creams

Lemon Meringue Pudding

Approximate cost: 1 Ox Tongue, annas 3 to 4. Fish, annas 6. Mutton, annas 6. Fowl, annas 14. Mixed vegetables, annas 2. Eggs, annas 6. 2 small Cauliflowers, annas 4. Potatoes, anna 1. Radishes, Limes, etc., annas 2. Total: Rs. 2-15-0.

Tongue Soup

Cut off about 2 or 3 inches from the tip of the ox tongue and set it aside. Simmer the larger portion for 3 or 4 hours, add carrot, onion, celery and whole pepper, and simmer for another hour or two. Strain and skin well. Skin and finely mince the smaller portion of tongue and fry with thinly-sliced onion and Tabasco sauce until dry and crisp. Add this to the soup and serve.

Baked Fish and Radish Sauce

Place the fish between 2 plates or dishes on a grating in a not too hot oven, and bake for 10 to 20 minutes according to thickness. For the sauce, pound 8 to 10 radishes and boil them in a half-teacupful of water and the same of the water in which the fish trimmings have been boiled, with an onion sliced and fried brown, 2 cloves and some whole pepper. When the onion is soft, strain, and add to the sauce salt, pepper and — very gradually — the beaten yolks of 2 eggs. The sauce should just thicken but not boil, after the eggs are added.

Fowl Pilao

Simmer a fowl in sufficient water, with a couple of ounces of masala tied in muslin. Soak half a teacup of rice in water for 20 minutes, drain, and fry in 2 ounces of ghee until slightly brown. Add to the fowl and cook until there is hardly any moisture left, over a slow fire. Take 2 sliced onions, a tablespoonful of blanched and sliced almonds, 2 tablespoonfuls of stoned raisins, half a teaspoonful of turmeric powder, pepper and salt, and fry all until crisp, in ghee. Remove the masala from the fowl, which is to be cut in neat pieces, pile the rice round, sprinkle with the fried almonds, etc., and garnish with sliced hard-boiled eggs. This can be much more highly spiced, if desired.

Rolled Mutton Steak

Cut a thickish slice off the thick end of a leg of mutton. Fry finely-chopped carrot, turnip, onion and celery until brown, and stew them until soft, in water, with any odd crusts of bread, and with pepper, salt, and lime juice. Spread out to cool and put a layer of this over the steak, which should have lain in a marinade of oil, vinegar, Worcester sauce and sugar for an hour. Roll up lightly, tie firmly, dredge with peppered and salted flour, and braise in a deckshie stood on a grating in the oven for ½ to ¾ of an hour. Serve with its own gravy.

Little Cheese Creams

Make a breakfastcupful of custard and stir in sufficient gelatine dissolved in a little water; when cool, whip in 2 tablespoonfuls (heaped) of grated cheese, one of finely-minced ham or bacon, and one of chopped macaroni or rice. Fill small moulds with this and set on ice — turn out and serve with small lettuce leaves dipped in peppered and salted oil and vinegar.

Lemon Meringue Pudding

A breakfast cupful of milk, half that of breadcrumbs, the same of sugar, 2 eggs, a cook's-spoonful of butter, juice of 2 limes, and the peel of one grated lime. Warm the milk and pour over the crumbs and leave for 15 minutes; add the beaten yolks of eggs, sugar, butter beaten into cream, and lastly, lime juice and peel. Bake in a buttered pie dish until firm. Whip the whites of the eggs to a stiff froth with 3 tablespoons of castor sugar and lime juice, pile on the pudding and put it in the oven to brown slightly.

MENU THIRTEEN

DINNER MENU FOR FOUR PERSONS

Macaroni Soup

Broiled Fish

Carrot Entrée

Fillets of Beef with Prunes

Anchovy Bouchees

Macaroon Fritters

Approximate cost: Soupmeat, annas 4. Fish, annas 5. 1 lb. Underpart, annas 5. 1½ seers Carrots, annas 1½. 1 seer Potatoes, anna 1. ½ lb Prunes, annas 4. 1 seer Tomatoes, anna 1; Eggs, annas 3; Odds and Ends, annas 2. Total: Rs. 1-10-6.

Macaroni Soup

Prepare stock as usual, and, after first straining, flavour with mixed vegetables. After second straining, add two to three sticks Travers' Macaroni, previously dropped into boiling water and boiled for 20 minutes. Cut into one-inch lengths, simmer in the soup for another 15 minutes, and serve with finely-grated dry cheese.

Broiled Fish

Carefully dry the fish and salt, pepper and oil the pieces, roll in flour and broil on a gridiron. Serve with tomato sauce and sweet chutney mixed with a little vinegar, strained and added to butter melted in a spoon.

Carrot Entrée

Boil 1½ seers of carrots in just sufficient water with an onion. When soft, cut them in slices and fry them in butter a nice brown. Make a thickish sauce, as before directed, with carrot water instead of plain water; and add finely-chopped parsley and the carrots. Put the mixture in a pie dish, cover with a thickish layer of fried breadcrumbs and little dabs of butter and bake for 10 to 15 minutes.

Fillets of Beef with Prunes

Prepare neat fillets of underpart, add salt and pepper and a drop or two of Tabasco sauce and well rub them with oil. Grill over a clear fire for four minutes each side, or toast them in front of the fire. Lay each on a little slab of pureed prunes. This is made by stewing prunes until soft, rubbing them through a sieve and adding butter, pepper, salt, lime juice and some sherry. If too thin, stiffen with flour and well boil before adding the sherry. Wafer potatoes should be served with this.

Anchovy Bouchees

Make a thick paste of anchovies or macassar fish, the yolks of 2 hard-boiled eggs, oil, vinegar, pepper, salt, sugar and made mustard. Set some aspic in small china moulds, add sufficient paste, set on ice, and before serving, fill up with the aspic broken in fine pieces and a garnish of parsley.

Macaroon Fritters

Soak 6 macaroons in just sufficient milk to soften them thoroughly. Put them in a bowl, and break into them 4 eggs, and mix. Add a tablespoon of sugar, the juice of a lime and a little grated peel, and 1 tablespoonful of finely-minced citron peel. Mix to a thick paste and spread on a dish to get firm. Make it into rolls or flat fritters, dip in egg and then roll in finely-pounded macaroon crumbs and fry. Serve with a sauce made of apricot jam, sugar, water and a little lime juice, boiled and strained and sent in hot in a jug.

MENU FOURTEEN

DINNER MENU FOR FOUR PERSONS

Cucumber Hors-d'Oeuvres

Lobster Soup

Fowl Souffle

Braised Shoulder of Mutton

Baked Cheese Sandwiches

Apple Whip

Approximate cost: 2 Lobsters, annas 3. Mutton 3 lbs., annas 12. 6 Apples, annas 8. 1 seer Potatoes, anna 1. 1 ½ seers French beans, annas 2. Mixed vegetables, Parsley, etc., annas 3. Soupmeat, annas 2. Total: Rs. 1-15.

Cucumber Hors-d'Oeuvres

Peel and thinly slice a small cucumber and put the slices to soak in a mixture of oil, chilli, vinegar, or vinegar with 2 or 3 drops of Tabasco sauce and some lime juice. Well butter some rounds of bread, lay these slices overlapping each other round it, leaving a small space in the centre. Here place a turned olive, stuffed with anchovy or bloater paste and chopped capers — slightly moisten all with the cucumber pickle.

Lobster Soup

See the lobsters alive and after cooking, have the dark tube removed from the bodies, and the meat picked out and broken into neat pieces — that from the claws and the coral, if any, pounded to a paste. In 2 ozs. of good ghee or butter, fry some sliced celery, carrot, parsley, lime peel and a little onion, for five or six minutes, then add 2 tablespoons of rice flour and fry well. To this add gradually 1 to 1½ seers of the usual stock and the broken-up shells. Simmer for an hour, strain, return to the pan and carefully skim it, adding at the last, a teaspoonful each of anchovy and tomato sauce and a pinch of sugar and salt. Put the lobster meat in the heated plates and pour the soup over and serve.

Fowl Souffle

Any remains of a fowl freed from skin and gristle, minced and pounded — make a panade, or thick sauce of a tablespoonful each of butter and flour, cook together in deckshie, gradually adding sufficient water in which the bones have been boiled with a little onion and green chilli, to make a thick sauce. Cook this gently for at least 10 minutes to thoroughly cook the flour, stir in your pounded meat with flavouring to taste, adding one after the other, the yolks of 2 eggs, and finally the whites beaten to a stiff froth. It rises enormously, so only fill the mould and bake in a hot oven at first and then slackened, for 20 to 30 minutes. This is for ¼ lb. meat and ¾ teacupful of sauce — more eggs needed for large quantities.

Shoulder of Mutton

Remove the blade bone and put in a simple well-flavoured stuffing — tie it into shape and braise it in the oven — serve with its own gravy and red currant jelly — well-boiled whole French beans over which the liquid butter, peppered and salted, has been poured, and floury potatoes.

Baked Cheese Sandwiches

Put between some well-buttered slices of brown bread, a thick slice of rich cheese sprinkled with a little cayenne or Tabasco sauce and some vinegar. Put it in the oven and when the bread turns brown and the cheese melts, serve at once.

Apple Whip

Make a well-flavoured jelly rather stiff, adding a little rum or sherry. Prepare the apples by stewing for some hours in a hermetically sealed jar with a little water, sugar and lime peel — mash them and when cold, beat them into the jelly. Serve with or without whipped cream or custard slightly flavoured with rum.

MENU FIFTEEN

DINNER MENU FOR FOUR PERSONS

Italian Soup

Fish en Casserole

Rechauffe of Previous Day's Tongue

Devilled Duck

Cucumber Savoury

Treacle Pudding

Approximate cost: Soupmeat, annas 4. 9 Eggs, annas 4½. Green peas, annas 2½. Fish, annas 8. Cucumber, anna 1. Odds and Ends, annas 2. Duck, Re. 1. Potatoes, anna l. Total: Rs. 2-5-0.

Italian Soup

Make some stock flavoured with vegetables and strained. To this, add two tablespoonfuls of cornflour mixed smooth in a teacup of milk; add pepper and salt to taste and let it simmer. At the last, add gradually, 2 well-beaten eggs. And at the bottom of each heated plate, sprinkle a heaped tablespoonful of grated cheese; pour the soup on, stir and serve.

Fish en Casserole

Make about a breakfastcupful of thin white sauce, adding tomato pulp, a little curry powder, pepper and salt. Put the raw fish in the casserole with some liquid butter, cover and heat it well; then add the prepared sauce, seal down and cook for 30 to 45 minutes; serve in the casserole.

Ox Tongue Rechauffe

Finely mince the remains of the tongue, and mix it with two hard-boiled eggs, rubbed through a sieve and seasoning to taste. Dissolve a cook's-spoonful of butter in a deckshie, fry some onion in it and then brown some flour in it, adding a little water to make a thick paste. In this, put your minced tongue and egg just to heat. Butter little fire-proof egg poaches or moulds, sprinkle with fried or baked crumbs, fill with the mixture, add more crumbs and a dab of butter and heat well in the oven.

Devilled Duck

Divide the duck lengthwise, score the flesh lightly and run in a mixture of dry mustard, Tabasco sauce, a little chutney and oil. Broil over a clear fire for 20 to 30 minutes. Make a gravy of 2 tablespoonfuls each of stock, white wine, lime juice, one tablespoonful of any hot sauce and red currant jelly, pepper, salt and sugar — heat and pour over the duck.

Cucumber Savoury

Melt some cheese in a pan with a little butter, pepper and salt, adding one egg and sufficient puree of well-cooked cucumber. Heat it all up but do not boil it, and put it on hot buttered toast and garnish with thin rounds of green chilli.

Treacle Pudding

Two tablespoonfuls each of finely-chopped suet, flour and breadcrumbs, 1 of finely-minced mixed peel, the rind and juice of a lime, all mixed together well. Add 2 well-beaten eggs, and at the last, 4 tablespoonfuls of treacle. Mix and beat well, pour into a well-buttered mould, tie down and either steam or bake for 1½ to 2 hours. Extra treacle may be served with it.

MEMSAHIBS

The Sakht Badee Mems

MISS MAUD ALLEN

Maud Allen as Salome in the dance that has raised so much controversy, but which is not likely to be included in her Indian repertoire

NATIONAL INDIAN ASSOCIATION (EARLY 20TH CENT.)

Under the auspices of the Bombay Ladies' Branch of the National Indian Association, a Purdah party was held at the residence of Mrs. Dharamsi Thacker, "Sea View", Warden Road, Bombay, on Saturday last.

A Parsee couple

An Indian gentleman (with his family) and the English Sahib (the Boss) with his wife

A PARSEE FAMILY

Women With Hard Faces

Ex-Sultan's Pity for Western Men

In the March number of the review "Nord und Sud," there appears — says the "Daily Mail" — another selection of chapters from the diary of Abdul Hamid, ex-Sultan of Turkey, in which, giving his views on women, the ex-Sultan writes:—

"Countless divorces and scandals in Europe and America show that many men in those countries incline to polygamy." The West has an entire misapprehension regarding the position of women in Turkey. Even though woman is, fortunately, debarred from taking part in Turkish public life and compelled to leave everything to men, she at any rate is an autocrat at home.

"As I observed the stern, imperious faces of Western women, a comparison with them easily favours our women. Why do the people of the West criticise our women? Which is the more sacrificing or the more beautiful — the Oriental woman or the European? In Turkey, a woman belongs to her home and belongs to a man alone. In Europe she has too many liberties to remain womanly. If only half of what one reads in newspapers and books about Western women is true, then the lot of men there must be truly lamentable."

Women Writers

Deal Best with Little Subjects

A calendar has been compiled from the works of women writers, a quotation being given for every day of the year. "Truth remarks of it that it gives one an idea of the general tone of women's literary work, and says " I have read the little publication through from beginning to end, and it leaves a very strong impression that women write best about the smaller things of life. On the big ones, such as love and motherhood, they are rather disappointing. But on subjects like encouragement and influence and appreciation, their remarks are like so many little lanterns flashing.

"After all, when one comes to think of it, it is not very surprising that they should be comparatively inarticulate on love and motherhood and childhood. These are the things they live, the things they feel personally so strongly that it is very rarely that they take the world into their confidence as, for instance, Laurence Hope did. So on Christmas-day one feels perhaps rather chilled by George Eliot's 'Little children are still the symbol of the eternal marriage between love and duty,' but on Monday September 1, one can but do as one is told on reading Mrs. Ewing's 'Purr when you are pleased.' Of course, George Eliot figures very largely in a compilation of this kind. It is amazing considering how full she was of moral reflections, to count up how many of those moral reflections are quite interesting to read, particularly when put in the mouths of one of the wonderful George Eliot aunts. The wisdom and concealed tenderness of such a remark as 'One must be poor to know the luxury of giving' is absent from a good many of George Eliot's sayings, but who is there who remains cold when Mrs. Poyser holds the field? It is the Mrs. Poyser attitude and shrewd, keen kindly common sense in the affairs and feelings of yesterday, today, and tomorrow, that one finds peeping out from the work of so many women. It might have been Mrs. Poyser herself rather than Lady John Russell who said, 'I am not overfond of experience; I think it just as often makes people less wise as more wise.' And Mrs. Poyser might just as suitably as Mrs. Carlyle have linked up the necessity for cleaning the lamp with the fall of Adam and the consequent labour it has imposed on the world. Throughout the 365 extracts there are but one or two which could by any means be called great; but the rest, even if they are everyday, are perhaps of the more value, for as Schiller — or, possibly, Goethe — said: A farthing rushlight is more use to read by than all the stars of heaven."

Badee Hazari

Breakfast

ANGREZI
English

Tea

Preheat a large teapot (6 cups) by rinsing out with boiling water. Wipe dry. Add 3 rounded teaspoons tea leaves. Pour in boiling water and allow to infuse for 3-5 minutes. Serve with very hot milk and sugar.

Coffee

Put 1 rounded teaspoon freshly ground coffee powder per cup in a saucepan. Add boiling water, cover and place on low heat till the required strength is obtained. Do not boil. Strain into a preheated coffee pot and serve with milk and sugar.

Hot Chocolate

To make a good cup of hot chocolate, take a cup of milk and heat in a saucepan. When very hot, add 1 oz. grated cooking chocolate or a heaped teaspoon cocoa. Stir till boiling point is reached, but do not allow it to boil. Take it off the heat and stir it a little while longer. Serve at once. When using cocoa, first make the powder into a paste with a little cold milk, then add it to the remaining hot milk.

Oatmeal Porridge

In a heavy saucepan bring two cups water to a boil. Pour in 3 tablespoons rolled oats slowly, stirring constantly to avoid lumps forming. Simmer for half an hour or till properly cooked. Serve with milk and sugar.

Serves 4

Scrambled Eggs

Ingredients

4 eggs
1 tblsp butter
2 slices bread
salt and pepper to taste

Method

Toast the bread and keep it hot. Melt the butter over gentle heat. Remove pan from the heat and break the eggs into it. Return to heat and keep stirring till the mixture becomes thick and creamy. Take off heat and serve on toast. Sprinkle salt and pepper over the eggs.

Serves 2

Rumbled Eggs

Ingredients

6 eggs
1 tblsp butter
1 tsp water
salt and pepper to taste

Method

Take a saucepan with water (about half) and bring to a boil. Reduce heat. Put the butter in a pyrex bowl and stand the bowl in the saucepan. When the butter is melted, add the eggs that have been beaten with the water, salt and

pepper. Let it cook gently, stirring every now and then till the mixture is thick and creamy. Serve on hot buttered toast.

Serves 3

Eggs and Bacon

Ingredients

4 rashers bacon
4 eggs
1 tsp butter or fat

Method

Cut the rinds of the bacon. Put the butter or fat and the bacon rinds into a frying pan and place on low heat, allowing the rinds to give up their fat. Add bacon rashers and fry to a medium brown on each side. Push aside and add two eggs at a time and let them fry gently in the bacon fat, spooning the hot fat over the yolks to cook them slightly. Serve immediately.

Serves 2

Ham and Eggs

Ingredients

4 thin slices cooked ham
4 eggs
1 tblsp butter

Method

Heat butter in a frying pan. Put in the ham and if you like the ham crisp around the edges, then fry it for a little while. Now break in the eggs and cover the frying pan. Cook on gentle heat till eggs are just done. If you like your ham and eggs soft, put the ham and eggs at the same time into the frying pan, and if you like the ham and eggs really tender, then add a teaspoon of water to the butter and cook them on a very low heat till the eggs are just set.

Serves 2

Potato Croquettes

Ingredients

½ lb or 225 g plain mashed potatoes
50 g flour sifted with ½ tsp baking powder
2 tblsp butter or 1 tblsp bacon fat
3 tblsp milk
salt to taste

Method

Mix the butter or bacon fat and milk into the mashed potatoes. Add salt to taste and beat well. Now add the flour and mix. Shape into little rolls and fry.

Serves 6

Potato Cakes

Ingredients

½ kg old potatoes
100 g ham
2 eggs
4 tblsp butter
salt to taste
butter for frying

Method

Boil and mash potatoes. Add butter and salt and mix well. Chop the ham fine. Beat the eggs. Mix both into the mashed potatoes. Shape into little cakes and fry in butter till golden brown. Delicious!

Serves 6

Omelette with Mushrooms

Ingredients

2 large eggs
½ cup sliced mushrooms cooked in
1 tblsp butter
salt and pepper to taste
1 tsp water
1 tblsp cooking oil

Method

Separate the eggs and whip the whites of eggs in a bowl with water till light and fluffy but not dry. Add yolks, pepper and salt. Now heat oil in a frying pan and pour the egg mixture into the pan. Turn down heat. Spoon the mushrooms towards the centre of one side of the cooking eggs. When the eggs begin to set, fold in half or into a roll. When the outside is a golden brown, remove from the pan and serve immediately.

Serves 1

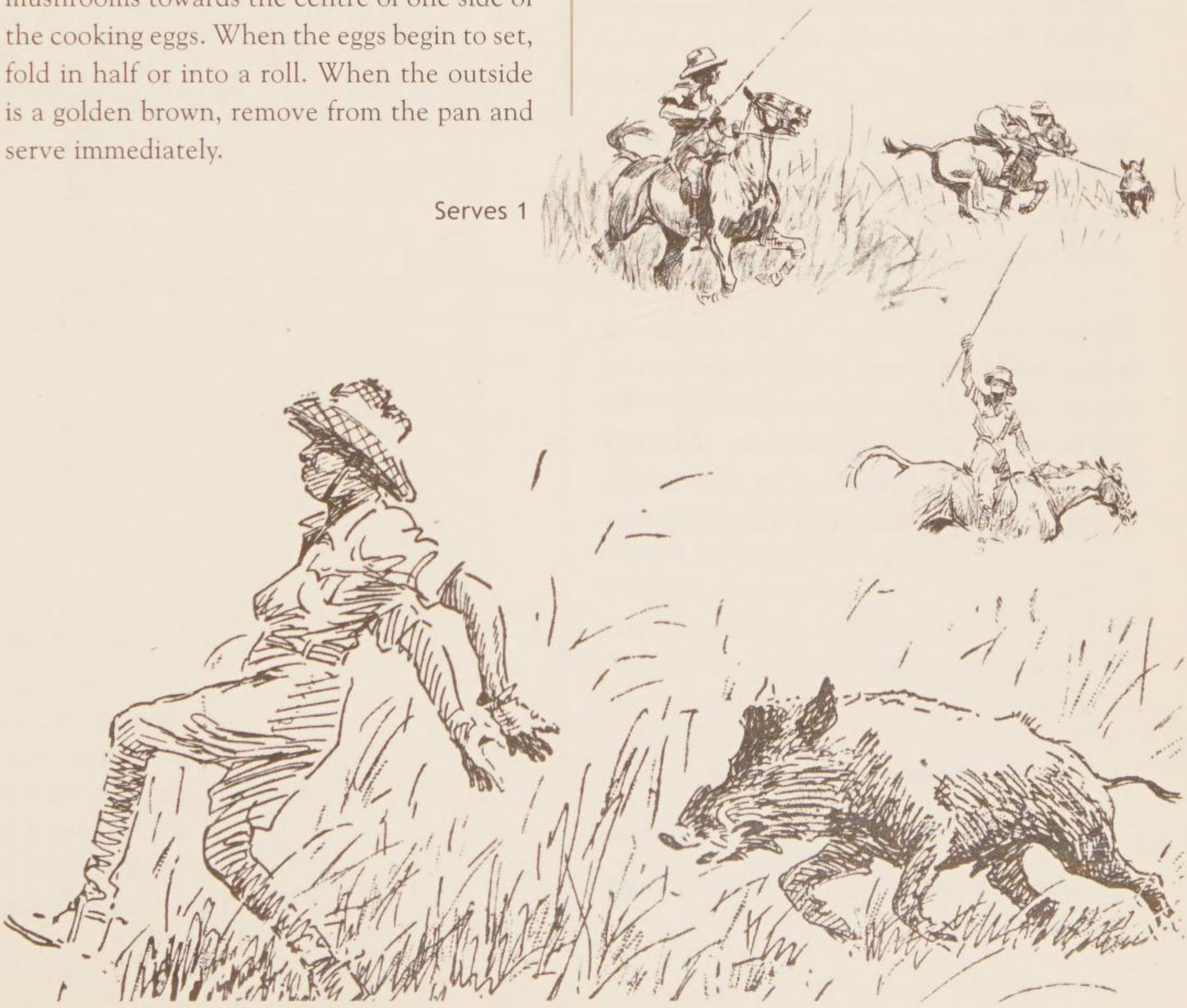
Bacon Fraize

Ingredients

8 rashers of bacon
1 cup flour
2 eggs
2 cups milk
a pinch of salt

Method

Remove bacon rinds. Chop or dice bacon. Keep aside. Make pancake mixture in the regular way. Stir the eggs into the flour and gradually add milk till you get a batter without any lumps. If the batter is too thick, add a little water and beat well. Season with a pinch of salt.



Fry a tablespoonful of diced bacon in a small frying pan till crisp and brown. Pour enough pancake batter for one pancake over the hot bacon and cook like a pancake. Make as many pancakes as possible with the given batter.

Serves 8

Jolly Boys

Ingredients

4 tblsp flour
2 eggs
a pinch of salt
8 rashers bacon
2 tsp butter or fat
1 cup milk

Method

Beat the eggs lightly in a bowl and add flour, milk and pinch of salt, making a batter that is a little thinner than a pancake batter. It should pour easily.

Fry bacon in the butter or fat and remove to a plate and keep warm. Raise the heat under the pan and put in a tablespoon of batter. This will form into an oval-shaped cake and it will rise in the centre. Spoon hot fat over it while frying. Serve immediately with crisp bacon.

Serves 6

Lassi
(A Chilled Curd Drink)

Ingredients

8 tblsp curd
1 tsp cumin seeds, roasted and ground
1 tsp black pepper
4 glasses water
salt to taste

Method

Mix all the ingredients in a liquidiser or use an egg beater, serve chilled. The lassi can also be made sweet. In that case instead of salt and other spices, use two teaspoonfuls of sugar in each glass. Lassi is a very popular cold drink in the north during the hot summer months.

Variation

To the above ingredients, add two teaspoonfuls of lemon juice and one and a quarter teaspoonfuls of red chilli powder.

Serves 4

Parantha Aloo Bharwan
(Potato-stuffed Parantha)

Ingredients

¼ kg atta
100 g potatoes
2 medium onions
1 tblsp pomegranate seeds
2-3 green chillis
2 tblsp ghee
salt to taste

Method

Make soft dough with atta, ghee and water (1 cup). Boil potatoes and mash them, and chop the onions. Mix potatoes, onions, pomegranate seeds, salt and green chillis. Divide the dough into small balls and roll them into 12-cm diameter rounds. Take 2 tablespoons of potato mixture and place it on the round. Cover the same with another round of same size. Roll it gently all over with a rolling pin. Heat the tawa and place the rolled parantha over it. After about two minutes, apply fat or ghee on both sides of the parantha and fry till it is light brown on both sides. Serve hot with pudina chutney or yoghurt.

Serves 4

Andae Ki Bhurjee
(Savoury Scrambled Eggs)

Ingredients

4 eggs
2 tblsp milk
1 large onion, finely chopped
1 green chilli, finely chopped
1 tsp ginger, grated
¼ tsp turmeric powder
½ tsp cumin seeds, roasted and ground
salt and pepper to taste
2 tblsp ghee
2 tblsp green coriander, chopped

Method

Break the eggs into a large bowl. Mix lightly

with a fork. Add the milk, salt, pepper and stir till well blended.

Heat ghee in a large frying pan. Put in the grated ginger and stir; then add the onion and cook till transparent. Add the turmeric first and then the chopped coriander and green chilli. Pour in the egg mixture and cook on low heat till the eggs begin to set. Stir constantly and take off heat while it is still soft and a little moist.

Serves 4

Gurda Kapura Kababs
(Kidney Kababs)

Ingredients

½ kg lamb's kidneys
100 g salted butter
50 g butter
100 g pistachio nuts, roasted, crushed
1 tsp salt mixed with a little garam masala
2 tblsp vinegar

Method

Mix butter with pistachios and keep aside. Clean the kidneys and soak in a bowl of water, in which the vinegar has been added, for a couple of hours. Wash and dry kidneys. Split each kidney and spread with salted butter. Now thread them on 'seekhs' or skewers. Cook under a very hot grill, brushing lightly with ghee several times. When the kidneys are brown and cooked, sprinkle salted garam masala. Remove from skewers and dot each kidney generously with pistachio butter. Serve immediately.

Serves 4

Kaleji Masaledar
(Spicy Chicken Liver)

Ingredients

1 large onion
½ tsp curry leaves
4 Kashmiri red chillis
½ tsp cumin seeds
8 cloves garlic
½ tsp turmeric powder
½ cup water
225 g cleaned chicken liver
1 tsp sugar
2 tblsp coriander leaves
1 tblsp lime juice
salt to taste
1 tblsp oil

Method

Chop the onion and curry leaves coarsely. Grind red chillis, cumin seeds and garlic very fine. Heat oil in a frying pan and fry the onion and curry leaves till golden brown. Add the ground masala and fry for another two minutes, stirring briskly. Add water and bring it to a boil. Now add the chicken liver and sugar and cook on low fire till no gravy is left, stirring occasionally. Garnish with finely chopped coriander leaves and sprinkle lime juice.

Serves 4

Masala Omelette
(Spicy Omelette)

Ingredients

4 eggs
3 tblsp onion juice
1 minced green chilli

1 tblsp minced parsley
½ tsp turmeric powder
1 tblsp butter
salt to taste

Method

Separate eggs and whip the whites of eggs till stiff but not dry. Beat egg yolks till smooth. Now add the beaten yolks and rest of the ingredients to the egg whites and fold carefully. In a large frying pan, heat the butter and pour in the egg mixture. When it begins to set, turn over or fold and continue cooking till it is light brown on the outside. Serve immediately.

Serves 2

MOTHERS ONLY READ

LACGENERA (Angel's Galactogogue) is a palatable vegetable preparation for producing a plentiful healthy and natural flow of milk in nursing mothers when the milk is absent or scanty. It enriches the blood and converts the watery nourishing feeding fluid into a nutritious diet. It imparts a pleasant flavour to the milk so that the infant takes the breast more readily.

LACGENERA (REGD)

Beware of imitations

Sold everywhere—

MADON SONS & Co.
BOMBAY.

Masala Khumbi Omelette
(Spicy Mushroom Omelette)

Ingredients

3 eggs
1 tomato
1 small onion
2 cloves garlic
1 capsicum
10 medium mushrooms
2 tblsp peas boiled
100 g ham
½ tsp Tabasco sauce
½ tsp red chilli powder
2 tblsp oil
salt and pepper to taste

Method

Peel and chop onion. Skin tomato and dice. Slice the capsicum finely. Crush garlic. In a frying pan heat oil, fry the garlic and onion until soft. Add mushrooms and shredded ham, and all the vegetables and heat thoroughly. Meanwhile beat the eggs lightly and add Tabasco sauce and seasoning and pour onto the vegetables. Stir lightly and then leave it to set. Do not fold over like other omelettes. Serve hot.

Serves 2

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THE BARODA JUBILEE

H.H. THE GAEKWAR

H.H. THE MAHARANI

BARODA FESTIVITIES

Dewan's dinner to Gaekwar

(From our Special Correspondent.)

The festivities at Baroda on the occasion of His Highness' fiftieth birthday terminated last night with a banquet given by the Dewan, Mr. B.L. Gupta to His Highness the Gaekwar. The Royal family, the Resident and many European and Indian gentleman and ladies were present. The house and grounds were beautifully decorated and illuminated.

Mr. Gupta proposed the health of the King-Emperor and then of Their Highnesses and Prince Jaisinhrao. The toasts were enthusiastically received and His Highness replied in suitable terms.

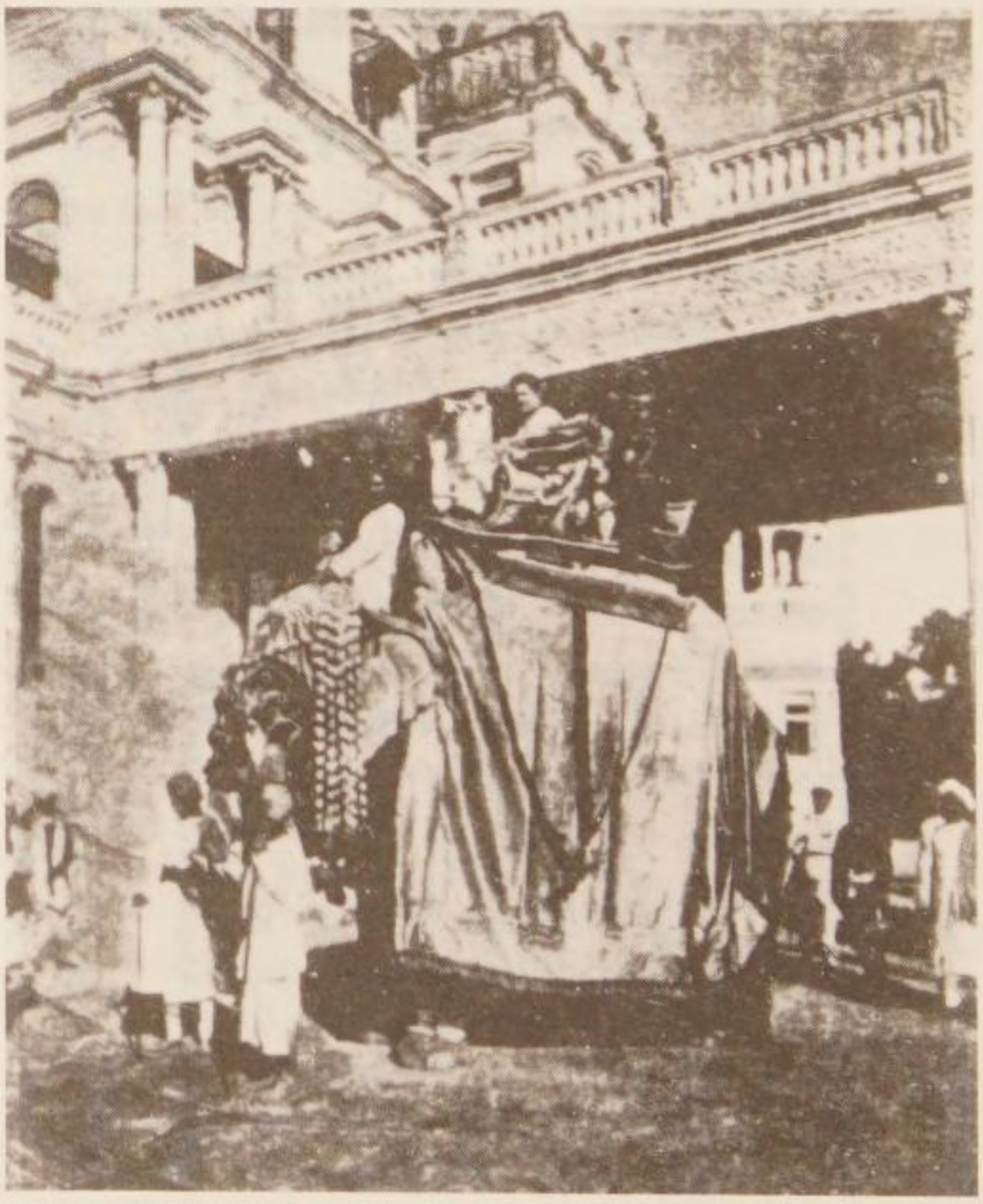
Prince Jaisinhrao then proposed the health of the host, Mr. Gupta.

A cinematograph exhibition followed which was much appreciated and the party broke up at midnight.

THE PALACE, Baroda

BARODA-COOCH BEHAR WEDDING

The Marriage took place at Harrow Road Registry Office, London, of Princess Indira Gaekwar of Baroda and Maharaj Kumar Jitendra Narayan of Cooch Behar



THE GAEKWAR OF BARODA

In March, 1913, His Highness celebrated his fiftieth birthday, when there were great rejoicings at Baroda. The photograph shows His Highness on His state elephant

PRINCELY INDIA

H.H. THE MAHARAJA OF
JODHPUR (MARWAR)

H.H. THE MAHARAO OF KOTAH

MUHAMMAD ALI, NAWAB WALAJAH

Khansama Ke Khaas Pakwaan

The Chef's Special Cuisine

Angrezi
English

SOUPS

Cold Avocado Soup

Ingredients

3 avocado pears
200 ml vegetable or chicken stock
100 ml tomato puree
100 ml cream
1½ tsp lemon juice
1 tsp onion juice for flavour
salt and pepper to taste

Method

Clean avocado pears. Remove stones and mash the pulp. Mix with stock, cream, onion juice, tomato puree and lemon juice. Add salt and pepper to taste. Chill the soup in a refrigerator before serving.

Serves 4

Scotch Broth

Ingredients

1 kg mutton or beef (with some bone)
50 g barley
25 g split peas
1 large carrot
½ turnip
½ heart of cabbage, shredded
2 onions
a small piece of celery
parsley
8 cups water
salt and pepper to taste

Method

Soak peas overnight. Put meat, barley, and split peas and water to cook. When it comes to a boil, lower heat and skim. Chop the onions, carrot, turnip and celery and add to the boiling liquid. Cover and simmer for 2 hours. If the broth is too thick, add a little more water and cook a little longer or till the meat is tender. Add shredded cabbage, salt, pepper and a little grated nutmeg. It can be served with or without the meat. Garnish with chopped parsley before serving.

Serves 8-10

Fish Soup

Ingredients

1 kg mixed fish and shellfish such as shrimps, crabs, lobsters, etc.
2 cups fish stock or water
3 onions, chopped fine
100 g tomatoes
½ cup dry white wine
2 flakes crushed garlic
1 bouquet garni
2 level tblsp arrowroot
4 tblsp cold water
50 g butter
2 tblsp oil

½ tsp saffron
3 or 4 slices of bread or French bread
salt and pepper to taste
parsley

Method

Clean and cut the fish into large pieces. Clean the shellfish. Keep aside. Heat the oil in a large dekchi and fry the onions till they are soft. Do not allow them to brown. Add the wine and stock or water. Blanch the tomatoes and skin. Remove seeds and chop. Add to the stock. Now put in 1 flake of garlic, the bouquet garni, salt and pepper and the saffron. Add fish and bring to a boil. Lower heat and simmer for 15 minutes. Remove fish with a slotted spoon and place in a dish. Now add the shellfish and cook for a few minutes. Remove and place with fish. Strain soup into a clean saucepan and bring to boil. Taste for seasoning. Mix arrowroot in cold water and add to the soup.. Cook on fairly high heat for 5 minutes. Add half the butter just before serving.

Mash the other flake of garlic. Add to half the butter, spread on bread and grill. Dice the garlic bread. To serve : put the fish back into a bowl, pour the liquid over it, sprinkle the diced garlic bread and garnish with chopped parsley.

Serves 6-8

French Onion Soup

Ingredients

5 onions
1 stalk celery
1 tsp black peppercorns
2 small bay leaves
50 g butter and 1 tblsp olive oil or
75 g butter
200 g cheddar cheese
a French loaf
salt to taste

Method

Slice onions. Put butter and oil or just butter in a large dekchi and heat. Add onions and cook on low heat till tender. Do not allow to brown. Wash the head of celery very carefully and chop the stalks and the leaves. Add celery, bay leaves, peppercorns and salt to the cooking onions. Cover and simmer for 5 minutes. Pour 6 cups of boiling water and simmer with the lid on for about an hour.

Slice the French loaf very thinly. Take a large ovenproof casserole. Cover the bottom with slices of bread. Sprinkle with grated cheese. Repeat till the dish is more than half full. Strain the liquid over this till the dish is almost full. Cover and cook in a moderately hot oven for 1 hour. Serve very hot.

Serves 6

Chicken Stock

Ingredients

1 roast chicken carcass
1 large onion
2 stalks celery
4 sprigs parsley
a few peppercorns
salt to taste

Method

Put all the ingredients into a large dekchi with 6-8 cups of water and simmer for 2 hours. Strain and boil to reduce quantity. Cool and store in the refrigerator. This will make a good base for any soup.

Royal Velvet Chicken Soup

Ingredients

1 chicken (about 1½ kg)
1 stalk celery
2 onions
2 or 3 leeks with green stalks removed
a few sprigs of parsley
1 bay leaf
50 g butter
25 g flour
4 egg yolks
150 g whipped cream

Method

Clean the whole chicken. Remove the liver. Put the chicken in a large dekchi and add 10 cups water. Add all the vegetables and herbs and bring to a boil on medium heat. Skim, turn down the heat and cover. Simmer for one and a half hours. Check the chicken and simmer for a longer time if the chicken is not tender. Remove chicken and place in a dish. Boil the stock until it is reduced to about 5 cups. In a clean saucepan, melt the butter. Add the flour and cook for a few minutes. Take off heat and add a little of the stock to make a smooth paste. Gradually add 3 cups of the stock. In a bowl, beat the egg yolks and gradually add the remaining hot stock. Make sure it is not boiling hot. Add the cream. Add this to the stock with the flour, away from heat. Now put it up on the lowest possible heat and cook till the soup thickens. On no account allow the soup to boil or else the egg yolks will curdle. Dice some of the breast of chicken and add to the soup. The rest of the boiled chicken meat can be used for a salad or pie.

Serves 4-6

Spinach Soup

Ingredients

½ kg spinach
2 onions
1 stalk celery
1 tblsp butter
1 tblsp flour
1½ cups light cream or milk
2 cups chicken stock
salt and pepper
a few sprigs parsley
a little grated nutmeg

Method

Clean and wash the spinach, discarding fibrous stalks and ribs. Cook in 2 cups of water for 10-15 minutes. Put into a liquidiser and make into a puree. In another saucepan heat butter and add the chopped onions and soften but do not brown. Stir in the flour and cook for a few minutes. Take off heat and add the chicken stock very slowly. When it is a smooth sauce, add salt, pepper and nutmeg and simmer for 25 minutes. Add the ground spinach and mix well. Heat well before serving and add the cream or milk at the end.

Serves 4

Tomato Soup

Ingredients

500 g tomatoes, very ripe and red
2 cups chicken stock
50 g butter
1 bunch spring onions
1 flake garlic
1 bay leaf
a sprig of mint

a little sugar
salt and pepper to taste

Method

Blanch and skin tomatoes. Remove seeds. Chop coarsely. Wash the spring onions. Remove top skin, roots and green leaves and chop the rest. Melt butter in a large saucepan and cook onions till soft, but not brown. Add the tomatoes and stir. Add bay leaf and simmer for 15 minutes. Take off heat and cool a little. Now put into a blender and puree. Discard the bay leaf before doing this. Pour the liquidised tomatoes into the saucepan and add the chicken stock. Put on low heat and simmer for a few minutes. Season with salt, pepper and sugar to taste. Sprinkle chopped mint on top and add a swirl of cream. This soup is good either hot or cold.

Serves 4

Mushroom with Cream Soup

Ingredients

500 g button mushrooms
8 cups chicken stock
3 small onions
100 g butter
50 g flour
1½ wine glasses white wine
½ cup milk
salt and pepper
a little grated nutmeg

Method

Wash and clean the mushrooms. Chop fine mushrooms and onions and put in a saucepan. Add butter and put on low heat and allow to cook in their own juices for 10-15 minutes. Add flour and cook for a little while. Take off heat and stir in the stock very slowly. Add about two to three cups of the stock. Put into a blender and grind into a creamy sauce. Pour back into the saucepan, add the rest of the stock and simmer for 20-25 minutes. Season with salt, pepper and nutmeg. Add the white wine and cook on very low heat for 5 minutes. Stir in the milk, heat thoroughly and serve.

Serves 6-8

Ratatouille

Ingredients

1 onion
250 g tomatoes
250 g aubergines or brinjals
1 small marrow
1 capsicum
2 flakes garlic, chopped
2 tblsp oil
1 tblsp parsley, chopped

Method

Peel onion and chop. Skin the tomatoes and cut into halves. Peel marrow and remove seeds. Chop into large pieces. Chop aubergines into small pieces. Slice the capsicum and remove seeds and white pith. Heat oil and cook onion and garlic on gentle heat. Add all the vegetables and season well. Simmer till the vegetables are tender. This can be served hot or cold. Garnish with parsley.

Serves 4-6

Stuffed Eggs

Ingredients

8 eggs
a little mayonnaise
sardines, ham, chicken or prawns
lettuce
tomatoes
cucumbers
pepper and salt to taste

Method

Hard-boil the eggs and shell them. Cut into halves and remove the yolks. Mash the yolks with the mayonnaise. Choose whichever cooked meat you like and add it. If sardines, mash and remove bones, etc. If ham, chop and so on. Mix with yolk mixture and fill the egg whites. Serve on a bed of lettuce, tomatoes and cucumbers.

Serves 8

Fish Cream

Ingredients

250 g fish without bone and skin
¼ cup water
1 bay leaf
2 tblsp sherry
2 tblsp mayonnaise
¼ cup thick cream
a little chopped parsley
10 g powdered gelatine
lettuce
salt and pepper to taste

Method

Cook the fish in salted water with bay leaf. Simmer till fish is done. Drain and reserve liquid. Flake the fish and keep aside. Soften gelatine with 1/4 cup fish liquid, add sherry and stir till dissolved. Leave till cold. Now add the fish, mayonnaise, whipped cream and chopped parsley. Put into a greased mould and leave till set. Serve on a bed of lettuce.

Serves 2-4

Fish Pie

Ingredients

1 kg fish
500 g potatoes
50 g butter
2 cups white sauce
a little milk
salt and pepper to taste

Method

Boil fish in a little water. Remove the fish and flake. Mix with white sauce and put into an ovenproof casserole. Boil and mash the potatoes. Beat well, adding milk and butter. Spread over the fish mixture and bake in a moderate oven.

Serves 6-8

Fish in a Jacket

Ingredients

500 g puff pastry
5 large fillets of white fish
salt and pepper to taste
25 g butter
½ cup milk
100 g mushrooms
1 tblsp flour
1 egg
lemon
parsley

Method

Prepare the pastry and refrigerate. Wash and dry the fish fillets and spread out on a flat dish or board. Sprinkle a little salt over them. Now make a mushroom sauce. First wash and dry the mushrooms. Chop them and keep aside. Melt butter in a saucepan. Add the flour and stir for a few minutes. Take off heat and slowly blend the milk. Add salt and pepper to taste and return to heat. Cook till the sauce thickens. Simmer for a few minutes and take off heat.

Now roll the pastry fairly thin. Divide into 5 pieces and roll into squares large enough for one fillet of fish to be covered. Add chopped mushrooms to the sauce. Spread some sauce over half of each fillet of fish. Fold fillet in half, lift and place on top of rolled out pastry. Fold the pastry into a triangle and seal. Beat the egg with a tablespoon of water and brush the tops of the pastry packets. Bake in a very hot oven for 10 minutes, then lower the heat and continue baking for 25 to 30 minutes till the pastry is golden brown and has risen well. Can be served hot or cold.

Serves 4-5

Trout with Almonds

Ingredients

2 large trouts
1 tblsp flour
50 g butter
25 g blanched almonds
1 lemon
1 tblsp chopped coriander leaves

Method

Wash and pat trout dry. Coat the fish with seasoned flour and fry in butter. Add the

almonds at the end and fry a little. Take off heat and remove fish carefully to a heated platter. Squeeze the lemon and add the juice to any butter left in the frying pan and heat. Pour over the fish. Garnish with green coriander and cut and serve at once.

Serves 2

Batter Fried Fish

Ingredients

6 fillets of any fish suitable for frying
200 g flour
1 tsp bicarbonate of soda
salt and pepper to taste
oil for frying

Method

Sift flour, bicarbonate of soda, salt and pepper into a bowl. Make a well in the centre and add water gradually to make a smooth paste. Let it stand for an hour. Wash and dry fillets of fish. Dust lightly with flour and dip into batter. Fry in fairly hot oil till golden brown. Remove to a hot platter. Garnish with lemon wedges and serve at once.

Serves 6

Baked Whole Fish

Ingredients

1 whole, cleaned fish, about 1½ kg (salmon is good)
1 onion
salt and pepper to taste
1 tblsp dry white wine
a couple of sprigs of dill
butter
foil

Method

Take a piece of foil large enough to wrap the fish and put it over a baking tin. Spread butter on the foil. Rub pepper and salt inside the stomach cavity and all over the fish and place on the foil. Scatter the sliced onion over the fish. Now lift the foil around the fish, pour the white wine over the fish and put the sprigs of dill on top of the fish. Next, wrap the fish loosely and crimp the foil all round to seal it in well. Bake in a moderate oven for 45 minutes to an hour. Remove from oven and let it stand for 10 minutes. Open the foil and roll off on to a heated platter very carefully. Serve immediately with wedges of lemon.

Serves 6-8

Prawn Fritters

Ingredients

500 g cleaned shrimps
1½ cups flour
1 large or 2 small eggs
1 tblsp butter
salt to taste
a little red chilli powder (optional)
oil for frying
½ cup of water

Method

Chop cleaned shrimps. Blend flour and egg and add the water gradually to make a smooth batter. If the batter is too thick, add a little more water. Add the finely-chopped shrimps, melted butter, salt to taste and chilli powder. Beat well. Heat oil for deep frying and drop the mixture, a spoonful at a time, and fry till golden brown. Serve hot with lemon wedges.

Serves 6-8

English Style Chicken

Ingredients

1½ kg boiled or culled chicken
1 large onion, sliced
1 carrot
1 small turnip
a few peppercorns
1 bouquet garni
8 sprigs parsley
1 tsp salt
1 tblsp butter
1 tblsp flour
¼ cup light cream
5 slices streaky bacon

Method

Put the cleaned chicken into a large dekchi and cover with water. Add the onion, carrot, turnip, peppercorns, and bouquet garni. Put on high heat and bring to a boil. Lower heat and simmer for about 1½-2 hours or till chicken is tender. Remove from heat and strain about 2 cups of the stock into a saucepan. Leave the chicken in the balance of broth and keep aside. Boil the stock in the saucepan till it is reduced to half or two-thirds. Take off heat and allow to cool. In another saucepan put the parsley with a little water and bring to a boil. Cover the saucepan and simmer for 10 minutes. Drain and press the parsley through a strainer into a bowl.

Skim the stock in the saucepan and make a sauce with the flour and butter. Boil the sauce for a few minutes and add the parsley puree. Take off heat and add cream. Remove rinds from bacon. Roll each rasher and use toothpicks to secure. Grill. Remove the chicken from the balance of stock. Keep stock for use in soups, etc. Carve the chicken and arrange on a heated platter. Garnish chicken with bacon rolls and a couple of sprigs of parsley. Serve with parsley sauce.

Serves 6-8

Chicken Curry

Ingredients

1½ kg chicken
2 tblsp ground coriander seeds
½ tsp ground cumin seeds
1 tsp red chilli powder
2½ tsp turmeric
4 flakes of garlic, finely chopped
2-cm piece ginger, finely grated
1 large onion, sliced
2 tsp garam masala
3 tblsp oil
250 g tomatoes
milk from half of a fresh coconut or
1½ cm slice of creamed coconut
1 small bunch coriander leaves
1 green chilli, minced
Salt to taste

Method

Cut, wash and dry chicken. Mix together 2 teaspoons turmeric and 1 teaspoon salt and rub the chicken pieces all over. Heat the oil in a large dekchi or saucepan and add the chicken. Reduce heat to medium and fry the chicken on all sides for about 10 minutes. Remove the chicken pieces and keep aside. Now put in the sliced onion and a little more

oil, if necessary, and fry the onion till it is light brown. Add garlic, ginger and minced green chilli and fry for a few minutes. Put in the ground coriander, cumin, red chilli powder and the balance of turmeric with ¼ cup water and stir till well blended. Fry well, adding a spoon or two of water if the spices start burning. Peel the tomatoes and discard the seeds. Mash or sieve the pulp. Add to the spices and add salt to taste. Cook for a few minutes. Put in the chicken pieces and lower heat. Cover and let simmer for 45 minutes or until chicken is done. Now add the coconut milk or the slice of creamed coconut and cook for 10 minutes more. Taste for salt, add a teaspoon sugar, garam masala and chopped green coriander leaves. Serve with boiled rice.

Serves 6-8

Chicken a La King

Ingredients

½ kg cooked chicken, diced
2 tblsp butter
1 diced green capsicum with seeds
100 g button mushrooms
1 tblsp flour
1 cup milk
2 egg yolks
1 tsp chopped parsley
1 tblsp paprika
1 tblsp lemon juice
2 tblsp sweet sherry

Method

Melt butter over medium heat. Add capsicum and cook for 5 minutes, stirring a couple of times. Add mushrooms and cook for another 5 minutes. Now add the flour and cook for a couple of minutes, stirring all the time. Take off heat and add the milk very gradually, stirring continuously. Make sure the sauce is smooth. Return to heat and bring to boil. Reduce heat and cook for three to four minutes. Add the chicken and reduce heat, so that the mixture is barely simmering. In a small bowl, whip the egg yolks. Add the lemon juice, paprika and chopped parsley and beat well. Now add a spoonful of the sauce at a time to the egg yolk mixture and blend. Add about half a cup or more in this way and pour it back into the chicken mixture. Cook very gently for 5 minutes on a very low fire. Mix in the sherry and serve.

Serves 4

Chicken in Sherry and Cream

Ingredients

1 kg chicken, cleaned and cut into large pieces
½ tblsp flour
1 cup light cream
pepper
3 tblsp butter
2 tblsp sherry
salt to taste

Method

Melt 2 tablespoons of butter in a large frying pan and brown the chicken pieces on all sides. Remove the chicken from the frying pan and arrange in an ovenproof dish. In another saucepan, melt the remaining 1 tablespoon of butter and add flour. Stir-fry for a few minutes, take off heat, pour in the cream, and stir well. Now add sherry, salt and pepper and return

to heat. Bring to a boil and pour it over the pieces of chicken in the casserole. Bake in a moderate oven for 45 minutes or till the chicken is tender. Take out of the oven and serve immediately.

Serves 4

Chicken Sultan

Ingredients

1 kg chicken
1 small onion
2 flakes garlic
2 tblsp butter
½ cup chicken stock
½ cup white wine
2 tblsp slivered almonds
½ cup sour cream
½ cup tomato puree
1 tblsp flour
1 tsp tarragon (optional)
salt and black pepper to taste

Method

Wash and dry chicken. Cut into pieces. Sprinkle salt and pepper on the chicken and keep aside. Take a large frying pan and melt the butter on fairly high heat. Add the chicken and fry till brown all over, for about 10 minutes. Remove the chicken from the frying pan and cover to keep it warm. Put onion and garlic, both finely chopped, into the pan and cook for a few minutes. Add tomato puree and flour and mix well for a few seconds. Now add the chicken stock and wine. Keep stirring and bring to a boil. Put the chicken pieces back into the pan, add the almonds and tarragon and baste or coat the pieces well with sauce. Cover and cook on low heat for about 45 minutes or till the chicken is tender. To serve, remove the chicken pieces to a warm dish. Pour the sour cream into the pan with the sauce, taste for salt and pepper and add more if necessary. Heat and pour over the chicken.

Serves 4

Roast Goose with Apple Sauce

Ingredients

4 kg goose
1 glass white wine
2 cups stock from goose giblets
1 tblsp flour
salt

For the stuffing

3 large onions
1 cup breadcrumbs
1 tsp dried sage
1 egg beaten with a tsp of milk
2 tblsp butter

For the apple sauce

500 g cooking apples
1½ tblsp butter
2 tsp sugar

Method

Wash and dry the goose and salt it inside and out. Let it stand. Heat the butter in a frying pan and cook the chopped onions on low heat till very soft. Do not brown. Now mix all the ingredients for the stuffing and fill the cavity with the mixture. Prick the goose with a fork to let the fat that lies under the skin to ooze out. Put the stuffed goose into a large roasting pan. Pour the white wine and 2 cups

of water into the pan and roast in the oven for an hour, basting every now and then with the wine water liquid in the pan. This should be done in a very hot oven. Now reduce the heat to medium and continue to roast, basting from time to time. Cook on low heat till the goose is tender. Remove the goose to a large heated serving dish. Pour out some of the fat from the pan and add the flour and stir; gradually add the goose stock (made from the giblets) into the pan and cook till the gravy thickens. Strain into a sauce boat and serve with the goose.

Put the peeled and cored apples into a saucepan and cook covered on a very low heat. When they become soft, mash and beat with a fork. Add the butter and sugar and mix well. Serve hot with the goose.

Serves 6-8

Roast Duckling with Green Peas

Ingredients

1 young duck
flour for dusting
4 tblsp butter
1 tblsp olive oil
2 finely chopped onions
1 head of shredded lettuce
1 bouquet garni
1 cup stock made from giblets
½ kg green peas, shelled
a pinch of nutmeg
1 tblsp flour
2 tblsp heavy or whipped cream
salt and pepper

Method

In a big dekchi, heat the butter and oil. Rub salt inside the duckling and dust the outside with a little seasoned flour. Brown it in the dekchi on all sides. Remove the duckling and keep aside. Put the onions, lettuce and bouquet garni into the dekchi and cook covered for 5 minutes. Put the duckling back on top of the vegetables, add the stock and cover. Cook on low heat for 30 minutes. Uncover and sprinkle the nutmeg over the duckling. Cook for another half an hour or so, but keep checking the duckling because it is a young bird and may be overcooked. Put the peas into a saucepan with salted water and bring to a boil. Cook for 10 minutes. Strain and keep aside. Now transfer the duckling to a heated serving dish. Remove herbs and excess fat from the dekchi. Make a paste of the butter and flour and add to the dekchi contents very gradually till you get a velvety mixture. Add the strained peas and cream. Pour this sauce over the duckling. Garnish with fried bread triangles and pureed potatoes.

Serves 4-6

Crumb Chops

Ingredients

6 mutton or lamb chops
2 tblsp flour
a pinch of garam masala
75 g soft breadcrumbs
1 egg
100 g butter
100 g mushrooms
salt and pepper

Method

Get the butcher to prepare the chops, cutting away surplus fat and beating gently into shape. Mix the salt, pepper and the garam masala with the flour and coat the chops with this. Shake and dip into beaten egg and then into breadcrumbs. Melt butter in a frying pan on high heat. Fry chops on both sides for a couple of minutes and then lower heat and continue to cook for 10 minutes. Add mushrooms and cook for another 5 minutes. Serve immediately.

Serves 6

Herbed Kababs

Ingredients

1 kg tender meat — lamb, pork or beef
4 tblsp oil
2 tblsp mixed fresh herbs like green mint, coriander, dill, etc.
6 tblsp wine vinegar
200 g button mushrooms
2 capsicums
200 g long grain rice or basmati rice
2 cups water
pepper and salt

Method

Prepare a marinade with the oil, vinegar, salt, pepper and herbs. Dice meat and put into the marinated and let it stand for 2 hours. Wash the mushrooms. Remove seeds and white pith from the capsicums and chop into large pieces. Now push pieces of meat, mushrooms and capsicums on to skewers and grill. Boil the rice and serve the kababs on a bed of hot boiled rice.

Serves 6

Spring Lamb

Ingredients

1½ kg middle neck or leg of lamb (one piece)
12 small onions
500 g carrots
500 g beans
500 g new potatoes
a bunch of mint
salt and pepper to taste

Method

Take a saucepan and put the lamb in, with sufficient water to cover the meat. Add salt and pepper and cook. After bringing to a boil, remove the scum from around the top and cook for 5 minutes. Now add the onions and carrots, cover and simmer on low heat for 45-60 minutes. Uncover and add the beans and potatoes. Continue simmering for another 30 minutes, or till the meat is tender. Remove the

lamb from the stock and place on a heated serving dish. Arrange the drained vegetables around it. Serve with cucumber sauce, which uses the lamb stock.

Cucumber sauce: Peel and dice half a cucumber. Add 2 teaspoons of vinegar and keep aside. Melt 1 tablespoon of butter in a saucepan. Add 1 tablespoon of flour and cook for a few minutes. Take off heat and add half a cup milk and half a cup lamb stock. Stir till quite smooth. Return to heat and cook till the sauce thickens. Season with salt and pepper. Now add cucumber with vinegar. Heat gently and serve.

Serves 6-8

Old-Fashioned Mutton Pie

Ingredients

1 kg leg of mutton
2 onions
4 eggs
1 bouquet garni
shortcrust pastry
salt and pepper to taste

Method

Cut the meat into pieces suitable for a curry. Put in a saucepan with the salt, pepper, bouquet garni and very little water. Simmer gently for 30 minutes. Chop the onions fine, hard-boil and shell the eggs and keep aside. Prepare the pastry and roll out. Line a cake tin with the pastry, keeping one piece for the top. Put the chopped onions at the bottom of the tin and arrange the eggs on top. Now put the drained meat on top and press down firmly. Concentrate the stock on a low fire for a few minutes and pour it over the meat. Cover with pastry and seal the edges properly. Make a hole on the top for the steam to escape. Bake for 2½ hours in a moderate oven. This pie should be used immediately.

Serves 6

Brown Stew

Ingredients

500 g lamb or beef or veal
2 tblsp flour
2 cups water or stock
4 onions
4 carrots
2 small turnips
½ cup shelled peas
100 g French beans
500 g butter or oil
1 clove
1 bay leaf
1 small stick cinnamon
4 small potatoes, halved
salt and pepper to taste

Method

Cut the meat into pieces. Mix salt and pepper with the flour and coat the meat with it. Heat butter or oil in a dekchi. Fry the meat on high heat for a few minutes. Remove from the dekchi and keep aside. Now put in the carrots and fry for a few minutes and remove. Repeat with all the vegetables. Put in the spices whole and stir for a few minutes. Add any flour that may be left over and cook for a few minutes. Very gradually add the water or stock. Now put in the meat and vegetables and simmer till the meat is tender. Serve hot.

Serves 6-8

Pork Chops

Ingredients

8 pork chops (1 kg 600 g)
1 tsp ginger, ground
1 tsp cinnamon, ground
1 tsp dry mustard
1 tsp brown sugar
2 tblsp tomato ketchup
1 tblsp Worcestor sauce
1 tblsp soy sauce
1 tblsp apple sauce
3 tblsp stock
4-5 cloves garlic, crushed
salt and pepper to taste

Method

Mix ginger, cinnamon, mustard, brown sugar, garlic, salt and black pepper together and rub it all over the pork chops. Leave them for an hour.

Then either roast the chops in a tandoor, on a skewer, or in the oven at 375°F for half an hour. Mix the tomato ketchup, Worcester sauce, soy sauce, apple sauce and stock and baste the chops with it and cook for a further 15 minutes. Heat the rest of the sauce and serve it in a small dish for dipping.

Serves 4

Note

1. The apple sauce may by prepared by peeling the apple and heating it on slow fire with a little water and 1 teaspoon sugar, till apple becomes soft. This is then sieved and the pulp used as sauce.
2. This is a highly sophisticated dish, suitable for very special occasions.

VEGETABLES

Courgettes in Tomato Sauce

Ingredients

5 courgettes
3 tblsp oil
1 tsp dried tarragon
salt to taste

For tomato sauce

500 g tomatoes or a medium can of tomatoes
1 cup stock
1 small onion, sliced
1 small carrot, sliced
1 rasher bacon
1 tsp flour
1 tsp sugar
1 tblsp vinegar
3 flakes garlic
1 small piece celery or ½ tsp thyme
2 tblsp butter
2½ tsp tarragon
1 tsp lemon juice
salt and pepper to taste

Method

Peel and cut the courgettes into slices about 1 centimetre thick. Sprinkle salt and powdered tarragon. Let it stand for 30 minutes. Drain. Rinse the slices out and pat dry. Heat oil in a frying pan and fry the courgette slices until light brown and tender. Remove from frying pan and keep aside.

Melt butter in a saucepan and add bacon cut into little pieces and sliced onion. Fry for 5 minutes and add the carrot. Fry a little longer. Do not brown. Now add tomatoes and cook for 10 minutes. Gradually blend in the flour. When there are no lumps, add all the other ingredients and simmer for 20 minutes. Rub through a sieve and taste for seasoning. Add the cooked courgettes to the sauce. Serve well-chilled with cold ham or any other cold meat.

Serves 6

Stuffed Cabbage Leaves (Dolma)

Ingredients

8 large cabbage leaves
4 onions, chopped
100 g long-grained rice
1 clove garlic
2 tblsp oil
50 g sultanas or raisins
4 tomatoes
a little grated nutmeg
salt and pepper

Method

Wash cabbage leaves and immerse them in boiling water for 2 minutes. Take out and keep aside. Heat oil in a saucepan and cook chopped onions and crushed garlic till light brown. Add rice. Skin and chop tomatoes. Add tomatoes, nutmeg, salt, and pepper and cook over a medium flame for sometime till a smooth gravy is formed. Keep aside.

Now put a couple of tablespoonfuls of the rice mixture on each cabbage leaf. Fold in the sides and roll the leaves up, making packages. Secure with toothpicks. Place in a large pan, cover with water and simmer for 45-60 minutes. Serve with tomato-flavoured gravy.

Serves 4-6

Sweet Corn Scallops

Ingredients

300 g tender or tinned corn
1 cup white sauce
2 tblsp whipped cream
a pinch of red chilli powder or cayenne
a pinch of grated nutmeg
25 g butter
50 g breadcrumbs
a few sprigs of parsley
3 bacon rashers
salt and pepper to taste

Method

Cook the corn and, if fresh, remove from the cob. Add cream, red chilli powder, nutmeg, salt and pepper to the white sauce. Stir in the corn and taste for seasoning. Divide mixture between 6 or 8 katoris (scallop dishes). Heat butter in a small frying pan. Add the breadcrumbs and fry for a few minutes. Sprinkle breadcrumbs over the scallops. Stand the scallop dishes on a baking sheet or tray and bake in a moderate oven for 20 minutes. Cut rashers into 3 or 4 pieces each. Roll up and secure with toothpicks and grill. Grill the scallops and garnish with the cooked bacon and sprigs of parsley.

Serves 6-8

Cauliflower Basket

Ingredients

1 large cauliflower
50 g butter
25 g flour
½ cup milk
2 hard-boiled eggs, chopped
½ cup water from boiled cauliflower
100 g cheddar cheese, grated
1 tblsp butter
1 tblsp parsley, chopped
1 tsp capers
1 tblsp chives, chopped
1 tblsp gherkins (optional)

Method

Place cauliflower in a large covered pan and boil whole in salted water until just tender. Remove and keep aside while preparing sauce. Heat the butter and add the flour. Cook for a little while. Remove from heat and blend in the milk and cauliflower stock till smooth. Return to heat and cook till the sauce thickens. Add cheese, hard-boiled eggs, chopped chives and other ingredients. Reserve a little of the cheese. Now scoop out the centre of the cauliflower. Chop up the scooped portion and add to the sauce. Stand the cauliflower on an ovenproof serving dish and pile the sauce into the cavity and spread the rest over the cauliflower. Sprinkle with reserved cheese and grill for a few minutes. Serve hot with any meat or fish dish.

Serves 6-8

Stuffed Tomatoes

Ingredients

6 large red tomatoes
2 eggs
50 g cheese grated
2 tsp chopped gherkins or mango chutney
25 g butter
watercress
salt and pepper to taste

Method

Cut off a slice from each tomato at the top. Remove pulp and chop the pulp. Add beaten eggs, cheese, gherkins, salt and pepper. Fill the tomatoes with this mixture and replace sliced off tops to cover each tomato. Stand in a buttered baking dish. Put a little butter on top of each tomato. Bake in medium hot oven for 15-20 minutes. Garnish with watercress and serve.

Serves 6

Glazed Carrots

Ingredients

500 g tender carrots
50 g butter
1 tsp sugar
chopped parsley
salt and pepper to taste

Method

Prepare carrots and put them into a pan of boiling water. Add salt and lower heat and cook gently for 8-10 minutes. Drain, reserving 4 tablespoons of the liquid. Melt butter over low heat and add sugar. Stir till mixture is a pale golden colour. Add the carrots and cook over low heat for about 10 minutes. Add a little of

the reserved fluid, if necessary. Garnish with parsley and serve.

Serves 4-6

Creamed Spinach

Ingredients

500 g spinach
50 g butter
1 tblsp flour
a pinch nutmeg
5 tblsp thick cream
salt and pepper

Method

Wash the spinach well in water several times. Boil in a very little salted water for 15 minutes. Drain thoroughly and chop. Melt butter in a saucepan and put in the chopped spinach. Sprinkle the flour and continue stirring over gentle heat for about 5 minutes. Now add seasonings and cream. Mix well and serve hot.

Serves 4

Sauces

Woman's Domain
A Weekly Causerie

By Mrs. John Gilpin

Sauces for Poultry & Meats

I cannot recall the name of the witty Frenchman who said, after a visit to England, that the English had 365 religions but only one sauce; but if this was fairly true of England then, it is still more so of the average Indian cook, though it is not so much his fault as that of his employers who are content, year in year out, to have a horrid paste-like concoction called anchovy sauce, or melted butter, accordingly as it is pink or white, with their fish; and another mawkish substance, called cuphue mystically by its maker "jug custard" with all their sweet dishes. As for my good man, he absolutely refuses to have either at table and I have found no difficulty in teaching the cook several simple, yet appetising sauces upon which he can ring the changes, and thus make the variety which seems so much more necessary out here than it is at Home. I grant you that when you search for enlightenment on this point in any ordinary Cookery Book, the processes recommended seem not only very complicated but also very extravagant, and are for the average household prohibitive on these counts. So I set my wits to work to see if something could not be evolved which would make the two everlasting messes mentioned above, things of the past in my house, and I propose to give you the benefit of my experiments. The base of all white sauces is practically the same, a tablespoonful each of flour and butter cooked together in a pan, but not browned and then some stock, or milk, or water added with the flavouring required; but where it usually fails is that when the liquid has been added, it should boil for at least 10 minutes; it is because this is not done that the usual white sauce has such a raw flavour, and why it so often disagrees with an invalid, or one who has a very delicate digestion. It ought to be an article of faith that you must embue your cook with, once and for all, otherwise all the recipes I may give will not be the least what they should be. Say you are going to have a sauce with your fish, then for that instead of using water pure and simple, the cook should be trained to make a little good stock from the bones and trimmings and if the fish is to be boiled, it should be cooked in this. There is a large amount of nourishment in the bones and skin of fish, and by making use of them for

stock, you not only get a much better flavour, but you also get extra nourishment. Even when you have prawns or shell fish, the shells should be broken up and boiled for an hour to make the stock for the sauce. At first, as being something new, the cook tries to get out of doing it and will say he has, when he has not, but if you request to be shown the stock, and he finds that you mean to have it done so, he soon gives in and makes no further trouble about doing it. When your palate has been trained a little, you can tell by the taste alone if the sauce has been made with stock or water only. Suppose that you are having plain boiled fish; with that you might have the sauce made as I have directed, strained and at the last the yolks of one or two eggs added to it with salt, pepper, and lime juice; this is Supreme sauce if you also add cream, but for the ordinary household, a little milk is quite good enough. Hollandaise sauce is much the same, but in that you stir in more butter and more eggs but do not use cream, and this can be used either hot or cold. Care is required in adding the eggs, and on no account must the sauce boil after they have been added, or it will all curdle. If you are having fish fried in batter or egg and breadcrumbed,

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instead of lime juice, onion juice and Tabasco sauce can be added with a little cream or Ideal milk, and called Villeroi sauce; or you can have the stock strongly flavoured with onion and added to it, potato rubbed through a sieve and butter and egg yolks added, and call it Soubise sauce; or you can have the same onion-flavoured stock and add to it the egg yolks, vinegar or lime juice with extra butter and some chopped parsley and call it Bearnaise sauce; or you can add finely-minced or pounded prawns or oysters to the plain white sauce, or tomato puree, or chutney, or cheese, and thus you have quite a large number from which to choose for fish alone, irrespective of the various cold sauces for general things as well as fish.

About More White Sauces

To continue with white sauces for poultry and meats, there is, of course, caper sauce, and for sheep's or calf's head, the brain rubbed through a sieve and added to the sauce which should have been made of some of the liquor that the head was cooked in. For poultry, the stock should have been made from the giblets, and the liver pounded may be added, or chopped mushrooms and pounded tongue added, and called Duchesse sauce; or pounded ham, and called D'Uxelles sauce; made mustard and chilli vinegar added for salt fish; or horse-radish, vinegar, eggs and cream added and called Russian sauce. Indeed, there is an endless variety of these white sauces of

which, as I said before, the foundation is the simple formula given above, and is, surely, easy enough. You want to show the cook, practically, how easy it is and keep on impressing upon him to always boil it well first, it is the whole secret of success. Personally, I found that once the cook had grasped the idea, he was quite willing and sometimes eager to make a constant change, and when giving the orders for the next day, always discuss which sauce should go with what dish.

Brown Sauces

As for Brown Sauces, their name is legion and the foundation of them, too, is the same, it is the different additions you make to it which give variety in taste and name. The flour and butter in this instance is cooked together until well browned and the stock or water added as in the case of the white sauce, and equally in this case, must the boiling be very strictly insisted upon. For Espagnole Sauce, which is the super foundation of many other more elaborate ones, it is the original foundation in which some lean ham or bacon has been cooked and flavoured with herbs, mushrooms, jam and sherry and strained. It is expensive to be constantly opening tins of mushrooms so a little good mushroom catsup will do as well, and I often use chopped olives as they are not costly and need not all be used at once. I find where sherry is advised, that a bottle of the ends of the dessert wines that I mix together for cooking purposes does quite well, and by studying economy in these matters one is able to afford extra eggs and butter where it is indicated, and where it makes a considerable difference. For game, a puree of cooked prunes added to the Espagnole Sauce makes a pleasing change; for Indienne Sauce you add tomato puree with curry powder or paste, and pounded anchovy or redfish and strain it. Portuguese Sauce has chopped herbs, spice and lime peel added to it; Poivrade or Piquante Sauce has chilli, vinegar and pounded ham added to it, orange peel and some of the peeled quarters added to the foundation makes a nice sauce for duck; flavoured with claret, currant jelly, orange juice and spice, it makes a good Venison sauce; in fact, with a little thought and ingenuity, you can soon think out a dozen varied mixtures and flavours to suit the meat it is to go with. I find Tabasco sauce better than cayenne of which it is the liquid variety, and onion juice is invaluable, but cooks have to be trained to be light handed with them, it is just a soupcon that is needed of such strong flavoured condiments; indeed, the success of all these flavourings is that they should be so well blended that no particular one should assert itself, and it is in this that cooks require a good deal of patience and education; they will not taste, and without that they will never make a surety of flavouring the sauce the same each time. Also, it takes a little time to get them to take the little extra trouble needed to make the various stocks for these sauces and the gravies for the meats.

Cold Sauces

Then there are the varieties of Cold Sauces of which the foundation of the greater part is a good Mayonnaise, and fortunately that is a thing quite an indifferent

cook can make well out here. To make Tartare Sauce which is a pleasant change from the ordinary Mayonnaise, you add to it a tablespoonful each of capers, olives, and gherkins all finely minced; this quantity to a teacupful of the sauce. Green Mayonnaise is made by adding to it a paste made by pounding together parsley, watercress, herbs and spinach, rubbing it through a sieve and mixing it gradually with the prepared Mayonnaise. Suedoise is made by adding grated horseradish and cream or Ideal milk. Norvegienne is a particularly nice sauce to use with any cold fish, and for this you colour it green with some spinach or colouring and add to it pounded anchovies or redfish, olives, capers and herbs. Irlandaise has cream, tarragon vinegar and mixed cooked vegetables cut into tiny dice, mixed with the Mayonnaise; in fact, here again a little thinking out of new combinations will supply you with a good list to draw upon. It is a good thing to have several kinds of vinegars, such as chilli, tarragon, onion vinegar and so on, and the vinegars from pickles are most valuable for flavouring purposes. I always have going a bottle each of pickled walnut, gherkins, piccalilli, and home-made onion pickle, though neither my good man nor I ever eat pickle in the ordinary way, but they are so useful for sauces and made dishes.

Chaudfroid Sauces

Now we come to the Chaudfroid variety of sauces which are most necessary for the serving of cold meats in a tasty way. I often have the poultry cooked purposely to serve in this way; in this hot country it is pleasant to have a change from hot foods. I have never yet found a cook who could make these chaudfroid sauces, their one and only one was aspic, generally of a poor flavour. The foundation of aspic should always be of stock made from the bones of the meat or fowl or fish, and the latter is extremely good, let me tell you, though few people have tasted it. If there should chance to be none available, use a little Lemco or Marmite; I prefer the latter as it is made from vegetable substances and will keep quite a long time after it has been opened. Here, of course, we are handicapped because the climate does not permit of making stock, and glaze, which no house at Home should be without, so we must use gelatine and concentrated meat juices that we should not require at Home. Ordinary gelatine does very well for aspic, but for jellies and more delicate dishes, I use the leaf gelatine. The stock or foundation can be cleared, coloured with browned onion and well flavoured, the gelatine added when cold, and used to thickly coat braised birds or meat and so served, with a garnish. Or it can be whipped up with Mayonnaise sauce and used as garnish itself, or to smother the cold meat, or broken into tiny pieces and the meat embedded in it, but for this the aspic must be made extra stiff and broken at the very last. For a fish aspic, made from fish stock, it is not coloured but kept white and may be used clear or made thick with the ordinary white sauce; the great thing is to flavour suitably. How many times has not an aspic dish proved almost uneatable because the aspic tasted of nothing but glue and salt! It should be regarded as a savoury jelly and flavoured

to suit the meat or fish it encloses. For a white chaudfroid make a good white sauce as previously directed, add sufficient gelatine to make sure of its jellying well and see that the sauce in the first instance was suitably flavoured to go with the meat it is to mask; it needs to have a very distinct savoury flavour or you might as well be having paste on the cold fowl or meat. These chaudfroids make such a nice change from the everlasting aspic and Mayonnaise cold dishes and are worth taking trouble to teach the cook to make. They open up quite a long vista of varieties; to one, for instance, a well flavoured puree of tomato could be added; to another, pounded vegetables or only potato rubbed through a sieve. In fact, any liquid sauce can be made into a chaudfroid with the addition of gelatine, but it is upon the flavouring of all these that their success hangs. If you find the meat you are eating encased in a cold glue-like mixture, it makes you turn against it, but, if on the contrary, the casing has a delicious flavour as it melts in your mouth, you at once think what a very nice dish it is!

Sweet Sauces

Now we come to the Sweet Sauces, and if you have been subjected to a long course of Jug custard, you will indeed be glad that, like myself, you have banished it from your table. There are so many nice boiled puddings flavoured with orange, lemon, almond, ginger or what not, which are made much nicer by a sauce accompanying it either with the same flavour or a contrasting one and they are so easy to make. In a great many of them the foundation is a syrup of sugar and water; to this, in almost every instance, some lime juice should be added to counteract the sweetness. If it is an orange pudding, the sauce can be flavoured with orange juice and peel; if lemon, the peel and juice of lime or lemon; if ginger, some can be boiled with the syrup to give the flavour. Jams afford a great variety of flavours by boiling spoonfuls of them in the syrup and then straining, as all sauces should be. To these can be added, if liked, any spirit, liqueurs or wines, but in an ordinary way this is not in the least needed.

Then there are the Whip Sauces which are a little more difficult to make but they are so nice it is worth the trouble. To the syrup, or wine, or fruit juice, you add slightly beaten egg yolks and whip the whole until it is a light frothy mass. You stand the pan you are making the sauce in, in another of boiling water over the fire and whip the while. The great secret is to whip it just enough, or it curdles and does not look nice, but a little practice will soon teach your cook this.

Lastly, there is the Fairy Butter or Hard Sauce type; it is rather extravagant but the men always seem to like it very much. It is made by beating up castor sugar and butter together in the proportion of half and half weight, not bulk, till light and frothy and then beating in the whites of eggs previously beaten to a froth and adding any flavouring essence to taste. Set it on ice and strew lightly with nutmeg when serving if liked. I do not care for the flavour of nutmeg myself. I think with all this information, any housekeeper should now be able to train her cook to make adequate use of the simple means required to add materially to the pleasures of the table; you may say that it takes time, so it may, but what on earth

has a cook to do out here half the day? Think of what a cook has to do at Home even in houses where there are several servants! I find, out here, if you never make any calls on your cook's time and intelligence, he becomes so slack that even the little you do ask is badly done. I hope someone will try these recipes, and it would be a great pleasure to me if anyone who has availed herself of my hints would take the trouble to let me know; it is such an encouragement to one as keen as I am.

Khansama Ke Khaas Pakwaan

The Chef's Special Cuisine

Hindoostani
Indian

SOUPS

Coriander Rasam

Ingredients

2 tblsp yellow pigeon peas
3 cups water
3 tsp ground coriander seeds
6 flakes garlic, crushed
½ tsp turmeric
¼ tsp cumin seeds
½ tsp mustard seeds
2 whole red chillis or according to taste
8 fenugreek seeds
a pinch crushed peppercorns
1 bay leaf, crumbled
1 onion, chopped fine
1½ tblsp oil
2 tblsp lemon juice
salt to taste

Method

Soak split peas in warm water for a couple of hours. Put up to boil and cook till the peas are soft (use 3 cups of water). In another pot, heat the oil and fry the chopped onion till soft and slightly brown. Add all the other ingredients except the lemon juice and salt and fry for 2-3 minutes. Add this to the boiled peas along with lemon juice and salt. Simmer for 15-20 minutes. Strain and serve hot.

Serves 4

Mulligatawny Soup

Ingredients

5 cups of any vegetable or meat stock
1 large chicken
2 large onions
1 tblsp ground coriander seeds
½ tsp cumin seeds
1 tsp poppy seeds
2-cm piece fresh ginger or ½ tsp dry ginger powder
1½ tsp turmeric
6 flakes fresh garlic
red chilli powder to taste
100 g butter or ghee
4 lemons
a few curry leaves
salt to taste

Method

Joint the chicken. Slice one onion. Grind all the other spices including the second onion, but excluding poppy seeds, curry leaves and lemons, into a paste. Heat ghee or butter, fry the sliced onion to golden brown. Remove browned onion with a slotted spoon and keep aside. Put in the ground spices and fry well, adding a little water as required to save it from burning. When the spices are well fried (5 to 10 minutes), add chicken and cook till golden brown. Now add the ground poppy seeds, fried onions, curry leaves, stock and salt to taste. Cover with a well-fitting lid, simmer till chicken is tender. Serve very hot with boiled rice and lemon slices.

Serves 6

Chicken Coconut Soup

Ingredients

1 chicken about 900 g
1 fresh coconut
1 tsp ground coriander seeds
½ tsp crushed or ground cumin seeds
1 tsp turmeric
1 whole cardamom
1 stick cinnamon
2 cloves crushed garlic
2-cm piece ginger, ground
¼ tsp red chilli
1 onion
2 tblsp oil
2½ cups water
1 tomato
salt to taste

Method

Grate the coconut and put in a blender with one cup of warm water. Strain, extracting the milk by squeezing the ground coconut. Return the squeezed-out coconut to the blender. Add another cup of water and work the blender once more. Strain in another bowl. Keep both aside. Joint chicken. Pour boiling water over the tomato and skin. Chop tomato.

Heat oil in a dekchi and cook onion till golden brown. Add all the spices and fry for a few minutes. Add chicken and let it cook in its own juice till quite dry. Now put in the second extraction of coconut milk and half cup of water and let the chicken simmer for a while. Add tomato and salt to taste and cook till the chicken is tender. Now pour in the first extraction of coconut milk and simmer for ten minutes. Serve in a tureen with bowls of the following accompaniments:

1. Hot cooked noodles
2. Lemon slices
3. Chilli powder
4. Fried onion rings
5. Chopped fresh coriander
6. Chopped green chillis

Serves 6

SALAD

Cachumbar Salaat

Ingredients

2 large onions
3-4 green chillis
½ raw mango
a few coriander leaves
2 tblsp vinegar
salt to taste

Method

Chop the onions and rub a teaspoon of salt and leave them aside for 15 minutes. Then wash them under running water, and squeeze them properly. Chop green chillis, raw mango and coriander leaves. Mix all the ingredients together, and serve in a bowl.

Serves 4

SOOKHI SABZI
(Dry Vegetables)

Bharwan Pahadee Mirch
(Stuffed Capsicums)

450 g medium capsicums
450 g potatoes
4 onions
a few coriander leaves
2 tsp garam masala
1 tsp cumin seeds
½ tsp turmeric
3 tblsp oil or ghee
salt to taste

Method

Wash the capsicums and pat them dry with a kitchen cloth. Remove the stalks and about ½ cm of the surrounding flesh, using a sharp knife. Keep the tops aside. Carefully scoop out all the seeds with a spoon. Put a little salt inside and keep them upside down. Boil the potatoes, peel and cut them into small pieces, and chop the coriander leaves. Heat oil and fry the onions till golden brown, add cumin seeds, turmeric powder, garam masala, potatoes and chopped coriander. Saute for a while. Take off from fire and fill the capsicums with potato mixture and cover with tops. Arrange on a baking tray and bake in a slow oven till the capsicums are tender.

Serves 4

Garam Masala
(Curry Powder)

Ingredients

4 tblsp cumin seeds
4 tblsp black cardamoms
5-cm stick cinnamon
10 cloves
4 tblsp coriander seeds
1 tblsp bay leaves
2 tblsp peppercorns

Method

Grind all the ingredients together finely. Store in an air-tight jar to preserve flavour.

Aloo Bhoone
(Spicy Roast Potatoes)

Ingredients

1 kg potatoes
2 tsp turmeric
1 tsp red chilli powder
1 bay leaf
1 tsp garam masala
1 tsp black pepper
3 tblsp ghee
salt to taste

Method

Peel and wash the potatoes. Dry well and cut into 2-cm pieces. Heat ghee in a large frying pan or karahi. Put in the potatoes, turmeric and bay leaf and cook over medium heat for 5 minutes. Now add salt and chilli powder and continue cooking, stirring the potatoes for another 5 minutes or so. Now sprinkle the garam masala and a little butter and cover. Cook on a low heat, shaking the karahi two or

three times till the potatoes are done. Uncover and let the potatoes become somewhat crisp. Sprinkle black pepper over the potatoes and serve.

Serves 6-8

Aloo Badam Dum
(Almond Potatoes)

Ingredients

½ kg small round potatoes
100 g almonds
oil for frying
3 bay leaves
3 red chillis
a pinch of sugar
salt to taste

Method

Blanch and peel almonds. Cut lengthwise, so that almonds are slivered. Wash and peel potatoes. Pierce each potato with a knitting needle or large fork. Soak for half an hour in salted water. Remove from water and dry well. Now push almond slivers into the holes. Heat oil and when it starts smoking, put in the bay leaf and then the red chillis which have been broken and the seeds discarded. Last of all, put in the sugar. Let the sugar caramelize slightly. The cooking oil should have a golden colour by now. Add the potatoes and deep fry till golden brown. Remove from karahi and sprinkle salt. Serve hot.

Serves 4

Saag
(Spicy Spinach)

Ingredients

1 kg spinach or mustard greens
2-cm piece ginger
1 small onion
¼ tsp cumin seeds, ground
1 tsp turmeric
1 tsp coriander seeds, ground
½ tsp garam masala
3 tblsp ghee
salt

Method

Wash and clean the spinach or mustard greens. Puree in a blender, a little at a time, adding a little water when necessary, till all the greens are ground. Heat ghee in a karahi and add chopped onion and grated ginger and fry for a little while. Add the turmeric and salt. Add ground cumin and coriander seeds and fry for a couple of minutes. Start adding the ground spinach or mustard greens a little at a time. Simmer uncovered till all the liquid is dried out and the mixture starts leaving the sides of the karahi and is a solid mass. Sprinkle the garam masala. Serve hot with melted butter.

Serves 6

Khumbi Sookhi
(Dry Mushrooms)

Ingredients

500 g button mushrooms
50 g butter
2 tsp black pepper

1 cardamom, ground
½ tsp turmeric
6 flakes garlic, minced
juice of 1 lemon
salt to taste

Method

Wash the mushrooms well and dry them. Now sprinkle salt, pepper and lemon juice on them. Let stand for 15 minutes. Heat butter and add turmeric and stir. Put the mushrooms into the pan and add the ground cardamom and minced garlic and cook over high heat for a short while till the moisture dries out. Lower heat and cook for a little while longer — not more than 5 minutes. Serve immediately.

Serves 4

Baingan Bhurta
(Roasted Mashed Brinjals)

Ingredients

1 large brinjal
1 tblsp butter
1 minced onion
chopped green coriander
1 tsp coriander seeds, ground
1 tsp aniseed, ground
salt to taste

Method

Roast the brinjal over a coal fire for good flavour or in an oven. Skin and mash the brinjal well. Melt butter in a frying pan. When the butter is hot, add the minced onion and cook till soft. Do not brown. Add ground coriander seeds, aniseed and salt. Stir for a couple of minutes. Add the brinjal and stir well. Fry for 5 minutes, then cover and simmer on low heat for another 5 minutes. Garnish with chopped coriander. Serve hot.

Serves 2

Phool-Gobi
(Cauliflower — Indian Style)

Ingredients

1 medium cauliflower
1 tblsp butter
2-cm piece ginger, grated
½ tsp cumin seeds
¼ tsp peppercorns, ground
1 tsp yellow mustard seeds
½ tsp turmeric
salt to taste

Method

Wash the cauliflower and cut into florets. Chop the central stalk and add to the florets. Heat butter in a karahi, add the mustard seeds and cover. When they finish popping, uncover and add the grated ginger. Fry for a few minutes and add turmeric and stir. Now put in the cauliflower, stir and toss till the turmeric is well distributed. Add cumin seeds, pepper, salt and continue stirring for a few minutes. Cover and cook on a very low heat for about 10-15 minutes. Uncover and shake the karahi. Cook till quite dry. Serve hot.

Serves 4

Bagara Baigan
(Brinjals — Hyderabadi Style)

Ingredients

500 g brinjals
5-6 medium onions, ground
1 small pod garlic, ground
½ cup tamarind pulp
2 tblsp coconut, desiccated
2 tsp red chilli powder
4 tblsp poppy seeds, roasted and ground
2 tsp cumin seeds, roasted and ground
½ tsp turmeric powder
1 tblsp jaggery or sugar
½ tsp garam masala
a few coriander leaves, chopped
1 cup oil or ghee
salt to taste

Method

Wash brinjals and cut them in half and then in quarters. Fry in oil till half done. Remove and keep aside. In the same oil, fry ground onions and garlic till golden brown. Add poppy seeds, red chilli powder, turmeric, cumin seed powder and salt. Cover and simmer for a few minutes. Mix brinjals, tamarind pulp, desiccated coconut, jaggery or sugar, and cook till done. Serve garnished with garam masala and chopped coriander leaves.

Serves 4

Shahee Khoya Matar
(Royal Green Peas)

Ingredients

1 cup khoya
2 cups shelled peas
2 medium tomatoes
2 small onions
2-3 green chillis
½ tsp red chillis
4 tblsp ghee
1 tblsp cumin seeds
¼ tsp turmeric powder
1 tblsp coriander seeds
½ tsp garam masala
salt to taste

Method

Wash all the vegetables. Chop and grind onions. Roast and grind the dry masala, i.e., cumin and coriander seeds, and turmeric. Blanch the tomatoes and remove the skin of tomatoes. Chop green chillis.

Heat ghee in a pan, fry the onions and add the dry masala and tomato pulp. Cook for a minute, then put peas and add one cup of water. Cook till peas are tender. Then add khoya. Cook for ten minutes or till water dries up. Add chopped green chillis and garam masala and stir. Remove from fire. Serve hot with poori or chapati.

Serves 4-6

Kamal Kakri Koftas
(Curried Lotus-Stem Dumplings)

Ingredients

½ kg lotus stems
3 onions
2 green chillis
2 tblsp gram flour
salt to taste
2-cm piece ginger, ground
¼ tsp turmeric powder
2 large tomatoes
red chilli powder to taste
2-3 tblsp ghee

Method

Peel lotus stems nicely and wash. Boil them in a pressure cooker in salted water for 3-4 minutes or till tender. Drain the water and mash them nicely or grind them into a smooth paste. Mix it with gram flour, ½ teaspoon of salt, ground green chillis and one finely-chopped onion. Make small balls of the mixture and deep fry them on slow heat till golden brown. Remove them from the ghee and keep aside. Heat ghee in a pan, add two ground onions and salt, fry till golden brown. Add ginger, chilli powder, turmeric and chopped tomatoes. Cook for 1-2 minutes. Add one glass of water and cook till the ghee separates or until a thick gravy is prepared. Add fried koftas and cook on slow fire for 2-3 minutes. Stir lightly taking care to avoid the breakage of koftas. Serve hot.

Serves 2-3

Millee-Jullee Subzi Ki Masaledar Turrcarri
(Mixed Vegetable Curry)

Ingredients

2 medium potatoes, peeled and diced
1 cup peas
½ cup beans, sliced
2 cups cabbage, shredded
1 cup cauliflower florets
1 large onion, sliced
3 tblsp oil
3 whole green chillis, slit
1 tsp garam masala
1½ cups coconut milk
salt to taste
juice of 1 lemon

Grind to a paste

1 tblsp coriander seeds
¼ tsp cumin seeds
½ tsp aniseed
2 red chillis
1-cm piece ginger

Method

Boil shredded cabbage for a minute and drain. Heat oil in a dekchi and fry sliced onion till golden brown. Add ground spices and fry for 5 minutes. Add garam masala and stir. Add all the vegetables including the green chillis and salt. Fry on high heat for 5 minutes or a little longer. Add coconut milk and simmer till the vegetables are cooked. Take off heat and add lemon juice.

Serves 6-8

Sambar
(Spicy Lentil Madrasi Curry)

Ingredients

100 g arhar dal
1 medium potato
2 medium carrots
2 medium brinjals
2 drumsticks
4 cups water
1 tsp turmeric powder
1 tblsp tamarind pulp
½ tsp cumin seeds
1 tsp coriander seeds
1 tsp coconut, desiccated
2 tblsp ghee
3-4 curry leaves
1 tsp sambar powder
1 tsp mustard seeds
2 green chillis
salt to taste

Method

Wash and soak the dal in water for half an hour. Chop carrots, potato, brinjals and drumsticks. Boil dal in the same water with carrots, potato, brinjals, drumsticks, salt and turmeric till dal becomes tender (or pressure-cook for 3-4 minutes). Add tamarind pulp to the boiled dal. Heat some ghee in a frying pan and fry cumin and coriander seeds and coconut. Remove from ghee and grind into a fine paste. In the remaining ghee, fry mustard seeds, finely cut green chillis and curry leaves. Add the ground paste and sambar powder and cook for 5 minutes. Immediately mix in the dal and serve hot.

Serves 4-6

Kathal Ki Turrcarri
(Jackfruit Curry)

Ingredients

750 g jackfruit
2 medium onions
6 garlic cloves
¼ tsp red chilli powder
½ tsp turmeric powder
4 medium tomatoes
½ tsp cumin seeds
6 tblsp ghee or oil
a bunch coriander leaves
4 tblsp water
salt to taste

Method

In order to avoid the milk of jackfruit sticking to your hands, rub oil on your hands. Remove the outer skin of jackfruit with a sharp knife and cut into medium-sized pieces. Heat oil and fry these till golden brown. Keep aside. Chop onions and garlic finely. Fry in oil till brown, remove extra oil, add cumin seeds, chopped tomatoes and the rest of the ingredients. Simmer for 15 minutes on slow fire. When gravy is smooth, add the jackfruit and water. Simmer for another 10 minutes and serve garnished with fresh, chopped coriander leaves.

Serves 4-6

Aloo Turrcarri
(Potato Curry)

Ingredients

500 g potatoes
1 tblsp coriander seeds, ground
1 tsp turmeric
1 tsp onion seeds

a little black pepper
1 tblsp green coriander leaves, chopped
2 tblsp butter
salt to taste

Method

Peel, wash and quarter the potatoes. Heat butter in a karahi. Put in the turmeric and stir. Add the potatoes and fry over fairly high heat for 10 minutes. Add the ground coriander and fry for a few minutes more. Add enough water to cover the potatoes and add onion seeds, salt and pepper. Cover and simmer till the potatoes are done. Uncover and sprinkle the chopped green coriander on top. Take off heat and serve.

Serves 4-6

Aloo-Paneer Rasedar
(Potato and Cheese Curry)

Ingredients

200 g cottage cheese
ghee for deep frying
4-6 big potatoes
3 medium tomatoes
2 big onions, chopped
1 tsp turmeric
1 tsp cumin powder
1 tsp coriander powder
1 tsp chilli powder
3 cups water
salt to taste
1 tblsp coriander leaves, chopped

Method

Cut cheese into small cubes and deep fry them in ghee till light brown. Keep them aside. Take out 3 tablespoons of ghee from the frying pan and put it in another pan and brown the onions. Add chopped tomatoes, turmeric, salt, cumin, coriander and chilli powders. Cook till tomatoes are soft and mixed like gravy. Add 3 to 3½ cups of water and let it boil. Peel the potatoes and cut them into 4-6 pieces. Put them into the pan. Cook till potatoes are tender. Add fried cheese and cook for 5-6 minutes. When gravy becomes thick, remove from fire. Serve garnished with coriander leaves.

Serves 4

Cottage Cheese

Ingredients

1 ltr milk
1 lemon

Method

Boil milk and when it starts boiling, add juice of one lemon to the milk. If you want to make softer cheese, add 2 to 3 tablespoons of curd to the boiling milk along with the lemon juice. Remove from the fire when the cheese separates from whey. Put the cheese in a muslin cloth and hang it up for about half an hour so that all the whey comes out. Put this on a chopping board and keep some weight on it. When it sets, cut into small cubes or pieces as desired.

RAITA
(Curd Dishes)

Dahi Vada
(Lentil Fritters in Curd)

Ingredients

1 kg curd
1 cup urad dal
1½ cups ghee for frying
a few coriander leaves, chopped fine
½ tsp cumin seeds, roasted and ground
2-cm piece of ginger, ground
2 green chillis, finely chopped
salt and pepper to taste

Method

Soak dal for four hours minimum, wash well and drain. Grind to a fine paste, and while beating it vigorously, add ginger paste, salt, pepper and finely chopped green chillis to it. Keep beating the batter till it becomes fluffy. To test, drop half a teaspoon of batter in a bowl of water; if it floats, the batter is ready for frying. Heat cooking oil in a half-filled, medium-sized karahi. Spread a muslin cloth over a glass or katori of water; hold it with left hand from the bottom, so that the cloth on top is well stretched. Wet the stretched cloth with your hand. Put a tablespoon of batter on it. Pat it lightly, giving it a round shape. Make a hole in the middle with the index finger. Now wet right hand with water and transfer the vada to it very gently, dropping it into the karahi. Cook four to five vadas at a time on medium fire. Turn them and take them out when they are golden brown. Put them into warm water. Beat curd till smooth. After five minutes, squeeze out water by pressing each vada between the palms of both your hands. Mix salt in curd and dip vadas into it one by one. Garnish with chopped coriander leaves, finely powdered cumin seeds and pepper.

Serves 6-8

Dahi
(Curd)

Ingredients

1 kg milk
1 tsp curd

Method

Boil milk and keep it to cool for sometime until it has become lukewarm. Mix curd in the milk and stir it for sometime. Cover the milk and keep it in a warm place overnight. It takes 5-6 hours to get the curd to set. Put curd in the refrigerator as soon as it is ready. During the summer season, put ½ teaspoon of curd in cold boiled milk.

Sonth
(Spicy Tamarind Sauce)

Ingredients

200 g tamarind
100 gms dry dates
50 g raisins
100 ml water
2 tblsp jaggery
1 tsp cumin seeds, roasted and ground
½ tsp black salt
½ tsp chilli powder

2 tsp ginger powder
salt and pepper to taste

Method

Soak tamarind in warm water. When fully soaked and softened, mash with hands. Take out the pulp. Boil dates in water till soft, remove seeds and cut the dates into thin strips. Soak raisins in warm water for about an hour. Mix in all the remaining ingredients and serve with dahi vadas.

Moong Ke Laddoo
(Green Gram Fritters in Curd)

Ingredients

1 cup green gram dal, split
500 g curd
a few coriander leaves, chopped fine
oil for frying
salt and pepper to taste

Method

Soak split dal overnight, wash and drain off excess water and grind into a fine paste. Beat well with your hand till the mixture becomes light and fluffy. Heat oil. Drop the mixture in small, egg-sized balls into the heated oil. Fry till golden brown. Take them out and soak in a bowl of water. Squeeze lightly. Keep aside. Beat curd well, add salt and pepper. Put vadas in a bowl, pour beaten curd over them and garnish with chopped coriander leaves. Serve with sonth.

Serves 6

Narial Raita
(Coconut in Curd)

Ingredients

½ cup grated coconut
2 cups well-set curd
2 green chillis, chopped
few curry leaves
1 tsp oil
2 whole red chillis
1½ tsp mustard seeds
salt to taste

Method

Beat curd till smooth. Mix in grated coconut, chopped green chillis and salt. Heat oil, add mustard seeds and whole red chillis. When the seeds start to splutter, add curry leaves, stir-fry and remove from fire and add to raita. Serve with rice.

Serves 4

Boondi Raita
(Boondi in Curd)

Ingredients

½ cup gram flour
400 g well-set curd
¼ tsp cumin seeds, roasted and ground
1½ cups oil for frying
¼ tsp red chilli powder
salt and pepper to taste

Method

Mix gram flour with a little water and beat it to a smooth paste of creamy consistency. Heat oil in a deep saucepan. Pass batter through a sieve with large holes, over the oil. Fry this boondi

till golden brown. Put boondi in warm, salted water, straight from the saucepan, to drain out extra oil and to make it tender. Five minutes later, gently squeeze out water.

Beat curd well, add boondi and salt and pepper. Pour the boondi raita in a curd bowl. Decorate with red chilli and cumin seed powders.

Serves 6

MURGH
(Chicken)

Chicken Tikka
(Barbecued Chicken Cubes)

Ingredients

1 chicken (about 1 kg)
6 tblsp curd
¼ cup lemon juice
2 tsp mustard seeds, ground
½ tsp pepper
1 tblsp garam masala
10 cloves garlic, ground
3-cm square piece ginger, ground
¾ cup oil
1 tsp salt

Method

Bone the chicken as you would for a chicken roll. Then cut the chicken flesh into small cubes about 2 to 3 cm in size. Mix all ingredients of marinade except ¼ cup of oil and rub them well into the chicken pieces. Leave in the fridge or in a cool place overnight.

The meat takes about 20 to 30 minutes to cook, so light the charcoal fire barbecue accordingly. String the chicken pieces on to the skewers loosely and do not let the pieces touch one another, as then the adjacent sides will not brown. Keep the meat 10 cms from heat and cook for 7 to 10 minutes on each side or until each side is well browned. Serve with lemon wedges and mint chutney.

Serves 4

Note

1. Finely-chopped green chillis may be added to marinade mixture to give a hot taste.

2. The distinctive aroma of meat being roasted on a charcoal fire is characteristic of this dish, which is not very complicated to prepare.

Tandoori Murgh
(Chicken Strips)

Ingredients

1½ kg chicken breasts, boned and skinned
1 medium onion, chopped
1 whole head garlic
3-cm cube piece ginger
2 green chillis
2 tblsp cumin seeds
2 tsp coriander seeds
8 cardamoms (only seeds)
1 tsp cinnamon powder
8 cloves
20 peppercorns
3 tblsp tomato sauce
4 tblsp vinegar
5 tblsp oil
2 tsp salt

Method

Combine all the ingredients needed for marinade and grind to a smooth paste. Wipe all chicken pieces thoroughly dry. Divide breasts into two sections and then cut each section into strips that are about 5 cm long and about 1-cm wide. In a bowl, put chicken pieces and smear well with the marinade. Use your hands to rub marinade into chicken pieces. Cover and refrigerate for 4 to 5 hours.

Spread the chicken pieces on the grill placed 10 cms above fire. Turn the pieces over when lightly browned. Remove chicken pieces when evenly done. Cover and keep in a warm place. Do the second batch in the same way. This chicken will not have a uniformly dark brown colour; it should be dark brown only in spots.

Serves 6-8

Note

This makes a good preparation, not only for meals, but for snacks too.

Sabut Tandoori Murgh
(Whole Barbecued Chicken)

Ingredients

1 chicken (weight about ¾ to 1 kg)
2 medium onions, chopped
4 cloves garlic, chopped
3-cm square piece ginger, chopped
2 green chillis
¾ tsp cumin seeds
¾ tsp coriander seeds, ground
¼ cup vinegar
¼ cup oil
salt and pepper to taste

Method

Combine all the ingredients for the marinade and grind to a smooth paste or use a blender, if you have one. Prick chicken all over with a fork and place in a bowl. Pour marinade over chicken. Cover and refrigerate for 2 to 3 hours (overnight would be better).

An hour before serving, light your tandoor.

Skew the chicken on to a skewer and place it in the tandoor when it is hot enough. Cook until chicken gets well browned.

Serves 2-3

Note

Tandoori chicken is cooked in several ways, using different methods. This method is less time-consuming than the first one, though the end-product is equally good.

Teetur Malai
(Creamed Partridges)

Ingredients

4 partridges
½ kg veal with bone
a little gram flour
100 g butter
2-cm piece ginger
6 flakes garlic
1 tblsp (heaped) coriander seeds, ground
1 stick cinnamon, ground
2 cloves
1 bay leaf
a pinch of nutmeg, grated
juice of 1 lemon
4 large onions, ground
1 onion, minced
½ tsp saffron
150 g blanched almonds, ground
1 cup whipped cream
salt to taste

Method

First make a meat stock by cooking the veal with one onion, ginger, salt and ground coriander. Put in enough water to cover the meat. Cook until the meat leaves the bone and the liquid is reduced to almost half. Strain and season by heating one tablespoon of butter and adding the cloves and bay leaf. Add this to the strained broth. Cover and cook for a couple of minutes. Keep aside.

Split the partridges down the back. Wash and dry. Rub with gram flour and stand for 10 minutes. Wash again and rub with the ground onions and cinnamon. Marinate for 1 hour. Scrape off marinade well and wipe dry. Heat remaining butter in a dekchi and add one minced onion and the crushed garlic. When the onion is light brown, add the partridges and stir well. Cover and keep on low heat till dry. Uncover and add 1 cup of the veal broth. Cover and cook till the birds are tender, adding more broth, if necessary. Uncover and dry completely. Brown the partridges gently. Add lemon juice. Take ½ cup of the broth and soak the saffron in it. Mix the almonds into the cream and add the nutmeg to it. Now blend the cream and saffron mixture and pour over the partridges. Add salt, cover and simmer for 20 minutes. Serve hot.

Serves 4

Bhooni Kaleji
(Roast Liver)

Ingredients

500 g chicken or mutton liver
2-cm piece ginger, grated
8 garlic flakes, crushed
1 tsp ground pepper
1 tblsp lemon juice
3 tblsp butter
salt to taste

Method

Wash the liver. Wipe dry. Add all the spices to the liver and mix well. Marinate for 1 hour. Heat butter in a heavy frying pan. When the butter is smoking, add the liver and cook on a very high heat, stirring constantly, for only a couple of minutes. If cooked longer, it will make the liver hard and unpalatable. Serve immediately.

Serves 4

GOSHT
(Meats)

Badam Parsinda
(Royal Almond Mutton)

Ingredients

1 kg leg of mutton, boned and in one piece
100 g almonds
400 g curd
1 small bunch mint, ground
1 pod garlic, ground
1 red chilli
5 cardamoms, ground
2 tsp garam masala
½ cup milk
100 g butter
salt to taste

Method

Soak red chilli and half of the garlic in milk. Wash and dry meat. Place on a board and with a sharp knife make small, deep incisions, pushing an almond into each incision. Now beat the meat with a wooden mallet or the back of a heavy knife. Hang the curd up for a few minutes to throw out excess fluid. Rub the curd, the ground cardamoms, half the ground garlic and half the ground mint leaves over the meat and marinate for 6 hours.

Now put the meat in a heavy dekchi and put on high heat. Dry off the marinade. Turn carefully and repeat. Take the milk in which

the red chilli and half of garlic has been soaking and strain into the dekchi. Simmer till the milk dries. Add the butter and balance mint and brown the meat, stirring constantly. Add enough water to cover half the meat and cover. Reduce heat and cook till meat is tender. When meat is done, sprinkle with garam masala and leave on low heat, covered for 15 minutes. Take off heat and carefully remove on to a platter. Scrape as much of the masala from the dekchi as possible, adding a spoonful of water, if necessary. Slice and serve hot with a little gravy.

Serve 4-6

Chaamp
(Mutton Chops)

Ingredients

8 mutton chops (1 kg)
4 heaped tblsp curd
2-cm cube ginger piece
2 cloves garlic
½ tsp cloves, ground
½ tsp cardamoms, ground
½ tsp cinnamon, ground
¼ tsp red chillis, ground
1 tsp coriander seeds, ground
½ tsp pepper
3 tblsp vegetable oil
salt to taste

Method

Grind ginger and garlic to a paste and mix all the other ingredients of the marinade with it. Pierce holes in the mutton chops with a fork, then rub the marinade mixture well on them. Keep aside for a day or overnight.

Light charcoal fire and place chops on grill. Turn chops over when one side is brown. Let other side cook well. Remove from grill and serve with onions and mint chutney.

Serves 4

Note

An easy-to-prepare dish for someone who is trying a hand at barbecue.

Boti Kabab
(Mutton Kababs)

Ingredients

1 kg mutton (cut into 2-cm cubes)
6 level tblsp curd
3 level tblsp tomato paste
¼ cup lemon juice
2-cm square piece ginger, chopped
10 cloves garlic, peeled and chopped
2 tsp dry English mustard
1 tblsp coriander seeds
1 tblsp cumin seeds
1 tblsp turmeric power
1 tblsp garam masala
½ tsp cloves
½ tsp mace
½ tsp cinnamon
½ cup vegetable oil
salt to taste

Method

Combine and grind tomato paste, curd, mustard, salt, ½ cup oil, lemon juice, coriander and cumin seeds, turmeric, garam masala, cloves, mace, cinnamon, garlic and ginger to a smooth paste.

Remove all fat from meat pieces. Stab pieces with point of sharp knife, then place them in a glass bowl. Pour marinade over meat. Mix well, cover and refrigerate at least 4 hours or preferably overnight. The meat will take 30-40 minutes to cook, so light your charcoal fire accordingly. String the meat cubes loosely on several skewers. Don't crowd them too tightly, as adjacent sides of cubes will not brown. Arrange skewers so that they are not too close to flame (8-10 cms). Place skewers over fire and cook each side for 7-10 minutes or until nicely browned. Baste frequently with remaining oil. When all sides are browned, remove meat from skewers and serve with very fine rings of onions and fresh mint chutney.

Serves 6

Note

1. To give a hot flavour, minced green chillis may be added to marinade mixture.

2. This goes very well with naan or tandoori roti.

Seekh Kabab
(Skewered Kababs)

Ingredients

1 kg minced meat (minced twice)
1 egg
5 cloves garlic, coarsely chopped
2-cm square piece ginger, chopped
½ bunch mint leaves
1 tsp cloves, ground
½ to 1 tsp green chillis, chopped
1 tsp cinnamon, ground
1 tsp cumin seeds, ground
1 tsp coriander, ground
1 tblsp garam masala
2 bread slices
½ cup butter, melted
2 tsp salt
¼ tsp pepper

Method

Soak the bread in just enough water to dampen it. Squeeze out any excess water. Set aside. If the meat is not minced well, grind it yourself on a grinding stone or in a grinder. In a big bowl, combine the meat, bread, chopped garlic, ginger, mint, cloves, cinnamon, cumin, coriander, pepper, salt, garam masala and green chillis. Mix well. Put this mixture through a fine blade of a grinder or grind together on a grinding stone. The meat should be covered and refrigerated for at least two hours.

Light the charcoal fire. When the fire is almost ready, begin to prepare your first batch of seekhs. Break the egg into the bowl which contains meat mixture. Mix well. Using your palm and fingers, wrap meat around skewers making sausage shapes about 12 cms long and 2 cms in diameter. You have to be fast as the meat is very fine and tends to fall off. If it is too difficult to handle, add more dampened bread. Place the skewers 10 cms above fire. You may need to put your palm under the meat as you carry each skewer to the fire.

In a small bowl, mix melted butter with ¼ cup warm water, and baste frequently with this combination. When one side is done, slide a long spoon under the meat and gently turn it over. Cook slowly until all sides are lightly browned and cooked through. Slide seekhs off the skewers gently, placing them on a warm plate.

Serve with lemon wedges, onion rings and mint chutney.

Serves 6

Note

This is a little difficult to make but if it is practised a few times, the art can be mastered.

Khatte Sooar Chaamp
(Pork Chops with Tamarind)

Ingredients

8 rib pork chops (about 800 g)
1 tblsp tamarind
½ tsp cloves, ground
½ tsp cinnamon, ground
2 whole red chillis
1 tsp sugar
6 tblsp oil
2-cm piece ginger
2 cloves garlic, chopped
salt and pepper to taste

Method

Trim off all but ½ cm, fat along the sides of chops. Press tamarind juice and pulp through a strainer into a non-metallic bowl. Discard tamarind fibre, skin, seeds, etc. Grind the garlic and ginger into a paste and combine this with the remaining ingredients and mix well. With a fork, prod holes in the chops and put them in the marinade. Rub them well and keep them covered in the refrigerator for at least 6 hours.

Light the fire. When the fire is really hot, put the grill about 10 cms above the fire and place the chops on the grill. Cook for 20 minutes on each side. Brush the chops with the marinade frequently. Serve with plain boiled potatoes.

Serves 4

Note

The tamarind juice imparts an appetising flavour to the chops and these go well with rice.

MACHHLEE
(Fish)

Jhinga Machhlee Khattee-Meethee
(Prawns Sweet and Sour)

Ingredients

250 g shelled prawns
½ cup vinegar
2 tsp jaggery, crushed
125 g onions
200 g tomatoes, blanched
3-4 green chillis
3 cloves garlic, crushed
a few coriander leaves
1 tsp turmeric powder
1 tsp cumin seeds
3 red chillis
½ tsp cumin seeds, ground
½ tsp coriander seeds, ground
3 tblsp oil
salt to taste

Method

Place jaggery and vinegar in a small pan and heat till jaggery dissolves completely. Remove from heat and keep aside. Grind together onions, tomatoes, cumin seeds, red chillis, green chillis, garlic and coriander leaves. Add turmeric, ground cumin and coriander and salt to the paste. Coat the cleaned prawns with this paste and leave aside for 2-4 hours.

Light the fire of the barbecue and place the grill over it. Brush the under surface of the prawns with oil and place on grill. Baste with jaggery and vinegar sauce now and then till one side is brown. Brush the other side with oil and turn over the prawns with tongs. Baste again with sweet and sour sauce and cook till prawns are done.

Serves 2

Note

Prawns prepared in this manner go, ideally, with Chinese food.

Machhlee Kabab
(Fish Kabab)

Ingredients

1 kg fish (Rahu or Mallee)
150 g gram flour
2 tblsp fenugreek seeds, roasted and ground
butter or ghee
salt to taste

Method

Wash and dry fish. Make a fairly stiff dough with gram flour and ground fenugreek. Encase the fish in this dough and bake in a medium oven until the casing is brown. Take out of the oven and break the casing and discard. In a frying pan, heat butter or ghee and fry the fish on both sides till golden brown. Sprinkle salt to taste and serve hot.

Serves 6

FASHIONS AT EARL'S COURT

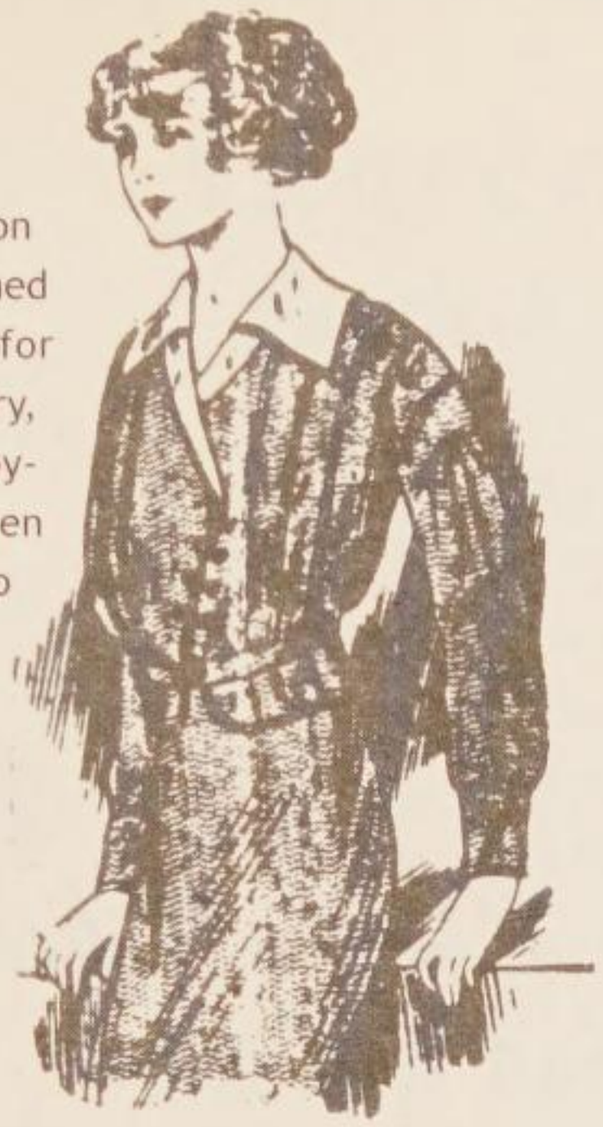
in the glorious 20's

On the lawn of the Welcome Club, Earl's Court, the Urban Kinemacolour Company took a series of pictures which are to form a portion of their big film, the "Urban Kinemacolour Fashion Gazette." This film will show all the best dressed women of the day, and will also constitute a forecast of the fashions of the approaching Autumn season. Invitations were sent to the smartest and most beautiful actresses of the day, and under the direction of Miss Mehan, the Editor of the "Gazette", these ladies paraded singly and in groups.

A group of actresses from the Empire Theatre, wearing the latest dresses and hats.

A DAINTY NEW BLOUSE

The design for a smart new afternoon blouse, here shown, ought to be welcomed by the girl who is on the look-out for something a little out of the ordinary, and different from the "turned-out-by-the-dozen" garment which is too often worn nowadays. The blouse is meant to be realised in soft pale-blue satin, is of the newest basque shape, and has charming little revers and a tiny turn-down collar of white satin. The latter is edged with white ball fringes. Rather narrow tucks and buttons and loops of blue satin decorate it prettily, and there is a dainty waistbelt of blue satin above the tiny basque.



A CHARMING DINNER GOWN

Brocade is the most fashionable material, next to velvet, of the moment, and is seen in many lovely colours. The dinner-gown here sketched is of silver-grey brocade patterned with mauve sprays. The draperies of the skirt at the left side are very full, and the waist is confined with mauve velvet fastened with a fancy buckle of dull gold. The pretty little vest in front is of silver lace, while the top of the bodice and the tiny wing sleeves are of flesh-pink chiffon.

LITTLE GIRL'S SMART COAT

Nothing could possibly be prettier wear for a little girl, either in spring or early summer, than cream or white serge; and smart cover-all coats of this material are to be very much in evidence this year for "best" wear. Our illustration shows a delightful little example of one of the newest child's coats, which is in cream serge, of moderate weight, with collar and cuffs of blue satin. It is of the simplest "panel" shape, and is not at all difficult to cut. The waistband is of blue patent leather.

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Roti Aur Chawal

Bread and Rice

Angrezi
English

BREADS

White Bread

Ingredients

1½ kg flour
40 g fresh, or 25 g dried, yeast
2 tblsp castor sugar
2 tblsp salt
25 g melted butter
3 cups warm water
flour for dusting

Method

Warm the mixing bowl in a low oven. Mix the yeast in about three-quarter cup of warm water with a teaspoon of sugar. Leave in a warm place to froth up. Blend the rest of the sugar, salt and melted butter into the remaining water. Put the flour in the warm bowl and put the bowl back into the oven to warm the flour.

When the yeast is frothy, take the flour out of the oven, make a well in the centre and pour the yeast mixture in. Add the rest of the liquid which should also be warm and mix into a soft dough. Let it rest for a while, then knead it into a smooth, elastic dough. Add a little more flour, if necessary. Cover bowl with a damp cloth and leave in a warm place to rise (for an hour) and double its size. Knead again. Now cut into 3 equal parts. Take one part at a time and knead. Shape into large sausages and put into greased loaf tins. Cover with cloth and leave to rise for 40 minutes. Bake in a hot oven for 45 minutes. Remove from tins and put back into the oven on a baking sheet for another 5 minutes.

Makes 3 Loaves

Brown Bread

Ingredients

250 g wholemeal flour
250 g flour
1 cup warm water
25 g fresh, or 15 g dried, yeast
1 tsp black treacle or burnt sugar
25 g butter
1 tsp fresh lemon juice
2 level tblsp brown sugar
1 tsp salt

Method

In a large bowl, mix the two types of flour and put into a very low oven to warm. Take ½ cup warm water and mix in the yeast. Add a little sugar and leave in a warm place till it froths. Add the melted butter, salt, brown sugar and treacle to the rest of the warm water. Make a well in the centre of the flour and pour in the yeast and warm water and start kneading the dough. Turn out on to a large board or

worktable and really work on it — pushing with the heel of your hand and pulling it towards you, pushing back till the dough is firm and pliable. Put back into the bowl and cover with greased polythene and a folded cloth, leave in a warm place for an hour or more. Remove the dough from the bowl and press down to push out the air. Cut into three equal parts and roll each into a tight sausage. Tuck the ends under and place the rolls in greased tins. Dust the tops with flour. Bake for 20 minutes at high heat. Lower heat and bake for another 25 minutes. Take them out of their tins and check to see if done. If they seem a little soft underneath, place on a baking sheet and bake for another 10 minutes or less.

Makes 2 Loaves

Ginger Bread

Ingredients

225 g molasses
1 cup sour milk
100 g fat
1½ tblsp ground ginger, fresh or dry
350 g flour
1 tsp bicarbonate of soda

Method

Blend milk, molasses, ginger and fat in a saucepan and stir till melted. Beat for about 10 minutes. Mix soda in a tablespoon of boiling water and add to the mixture. Add the flour gradually, to make a stiff batter. Pour into greased tin and bake in a preheated medium oven for an hour. If the top gets too brown, cover with foil. Delicious!

Makes 1 Loaf

Wholemeal Bread

Ingredients

500 g wholemeal flour
½ tsp salt
1 full tblsp butter
1 tblsp rounded dried yeast
1½ cups warm water
1 tblsp sugar

Method

Take half a cup of warm water and mix ½ teaspoon of sugar into it. Sprinkle the yeast and stir. Keep it aside for about 15 minutes. Mix in the rest of the water, butter, sugar and salt. Put the flour in a warm mixing bowl and make a well in the centre. Pour in both mixtures and mix into the flour. Leave the dough in a warm place for 30 minutes. Now knead well and shape into a loaf. Put into a loaf tin and leave for another 30 minutes. Bake in a hot oven for 40 minutes.

Makes 1 Loaf

Rough Puff Pastry

Ingredients

1 cup flour
a pinch of salt
2 tblsp chilled fat
50 g butter
1 tsp lemon juice
3-4 tblsp ice water

Method

Pre-cool a mixing bowl by standing it in a refrigerator for an hour. Sift flour and salt into the bowl. Cut butter and fat into cubes and add. Use a knife to stir and cut while mixing.

Add lemon juice and 2 tablespoons of water and continue stirring with knife till you get a rough sort of dough. Now, with fingertips, lightly form into a ball. Chill in a refrigerator for 15 minutes.

Take dough out of the refrigerator and roll into a ½ cm thick oblong shape. Fold in three, pressing the edges to seal in the air. Turn the dough and roll in the opposite direction. Repeat the above process twice or thrice. If the dough begins to get sticky, put it again in the refrigerator for 10 or 15 minutes to make it firm. Chill once more and roll out, keeping the dough flat to conserve the trapped air. Any trimmings should be laid flat on to and not made into another ball. This is a delicious pastry that can be used for anything.

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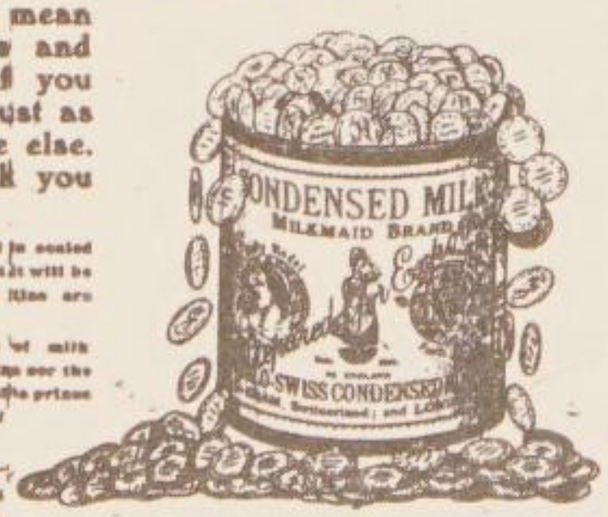


Hindoostani
Indian

BREADS

Chapati
(Indian Wheat Flour Bread)

Ingredients

225 g whole wheat flour
1 cup water approximately
1 tsp salt (optional)

Method

In a large platter, sift whole wheat flour and salt. Sprinkle a little water and start kneading, adding water as required till a fairly soft and elastic dough is obtained. Knead the dough well, for at least 10 minutes. Cover with wet cloth and leave for ½ an hour. Uncover and knead a little more. Break off a lemon-sized piece and form into a ball. Flatten in the palm of your hand and roll out on a well-floured board. Cook on a tawa or iron griddle, turning around as soon as little bubbles form. Take off tawa and toast on direct heat — either on a flame or coals — to puff out. Stack in a deep dish that has been lined with a napkin. Fold the napkin over to keep warm. For a change, butter or ghee can be spread on each hot chapati as it comes off the heat.

Makes 8

Missi Roti
(Indian Mixed Flour Bread)

Ingredients

225 g whole wheat flour
225 g gram flour
water
1 tsp salt
1 tsp pepper
1 onion, finely chopped
1 small bunch of green coriander, finely chopped
1 green chilli, chopped
1 tsp omum seeds
butter for frying

Combine the two types of flour. Add salt and pepper. Gradually add water to make a pliable dough. Add the other ingredients and knead well. Cover with a damp cloth and leave standing for 2 hours or more. Uncover and take enough at a time to shape into a thick pancake. Cook on a generously buttered tawa, adding more butter as required. Fry till golden in colour and serve while hot.

Makes 10

Makkai Ki Roti
(Indian Maize Flour Bread)

Ingredients

500 g maize flour
warm water
1½ tsp salt

Method

Add water gradually to the maize flour and salt till a fairly stiff dough is obtained. Knead till the dough feels pliable. Take enough at a time to make a ball slightly larger than an egg. Dip into maize flour and place on a rolling board. Press down with palm and fingers, turning round until you have a pancake about ½ centimeter thick. Cook on a dry tawa, turning very carefully till both sides are well cooked and brown-flecked. Take off heat and put on a dollop of butter immediately and spread. Stack in a covered dish till all are made. Serve hot. It is best eaten with mustard greens vegetable.

Makes 7-8

Sada Parantha
(Plain Shallow-fried Bread)

Ingredients

2½ cups whole wheat flour
2-3 tblsp ghee or oil
water for kneading
ghee or oil for frying
½ tsp salt

Method

Sieve flour and salt together. Add two tablespoons of ghee. Rub well and knead it by adding water to make a stiff dough. Cover with a wet muslin cloth for half an hour. Then knead the dough to make it smooth. Make small balls and roll out into chapatis 15 cm in diameter. (Paranthas can be given any shape — square, round or triangular, according to choice). Smear ghee over the chapati and fold it, smear a little more ghee and fold again to give it the shape desired. Roll them out, paying special attention to the edges. Heat the griddle, grease it lightly. Put the parantha on the griddle. Fry one side, taking care that the heat is not too much. Fry the other side. Both sides should be evenly brown. Serve hot with curries or pickle.

Makes 12

Parantha
(Shallow-fried Bread)

Ingredients

500 g whole wheat flour
½ cup milk and
½ cup water mixed
1 tsp salt
4 tsp omum seeds
butter

Method

Make a dough as for chapatis. This should be a fairly soft dough. Cover with a damp piece of muslin and let it stand for at least 2 hours. Break off a piece as big as a large lemon and roll out on a rolling board. Brush with a little butter and fold in half. Brush again with butter and fold into a triangle. Roll out fully and repeat the above process once more. Roll out to a little more thickness than a chapati. Fry on a tawa that has been lightly buttered. Turn and brush the cooked side with more butter. Cook till golden, mottled brown. Serve hot.

Makes 10

Tandoori Parantha
(Barbecued Bread)

Ingredients

1½ cups whole wheat flour
ghee or butter
¾ tsp salt

Method

Sieve the whole wheat flour. Add salt and mix with fingers. Rub 3 teaspoons of ghee into flour and salt and then prepare dough as for plain tandoori roti. Divide into balls, sprinkle a little dry flour. Flatten each ball between palms of hands. Smear with ghee and fold into half. Again smear with ghee and fold into half but not forming a cone. Fold it lengthwise so that a strip is formed. Twist the strip and coil it once again to form into a flat ball. Flatten it out into a roti and moisten one hand and stick the parantha onto the walls of a hot tandoor. Due to the fat in layers, the parantha, when cooked, will flake out. Take it out in a similar manner as for plain roti and spread it once again, if you like, with more ghee. Serve hot.

Makes 6

Note

Tandoori parantha goes ideally with any non-vegetarian dish. When one thinks of a well-cooked mutton or chicken curry, one almost instantly thinks of tandoori parantha and so you can imagine how well they go together!

Tandoori Aloo Roti
(Stuffed, Barbecued Indian Bread)

Ingredients

1 cup whole wheat flour
2 potatoes
2 green chillis, chopped
1 bunch coriander leaves, chopped
½ tsp pomegranate seeds
a pinch red chilli powder
a little dry mango powder
¼ tsp cumin seeds
2 tblsp ghee or butter

Method

Boil the potatoes and mash them. Season them with all the above ingredients except cumin seeds. Take a little ghee, about 2 teaspoons, in a frying pan. Add the cumin seeds and when they begin to splutter, add the mashed potatoes and mix well.

Make the dough as for plain roti. Divide into balls. Make a depression in the centre of a ball and add a spoonful of the potato mixture. Bring the dough together to close the depression and carefully flatten out the ball between the palms, so that no stuffing starts coming out. When flat enough, moisten one palm and stick the roti onto the walls of a hot tandoor. Cook till brown and remove with hand wrapped in cloth. Smear with ghee or butter and serve hot. This goes well with curd.

Makes 4

Note

Aloo roti offers a good change from the plain roti that one eats daily. This is popular with children who are generally fond of potatoes.

Naan

(Baked, Fermented, Indian bread)

Ingredients

½ kg flour
2 tsp sugar
9 tblsp curd
3 tblsp sesame seeds
1 tblsp onion seeds
1 cup milk
2 tblsp butter
1 tsp bicarbonate of soda
1 tblsp dried yeast
2 eggs
½ tsp salt

Method

Whip curd, put on heat and stir in milk. Take off heat and mix in the soda, eggs and melted butter. Sift flour and salt. Combine with sugar and start making a dough with the milk-curd mixture. Add yeast and knead well for 15 to 20 minutes. Cover and leave in a warm place until it rises to almost double its size. Dust hands generously with flour and make fairly large balls. With palms of hands press and pull into oval shapes — wider at one end, and raise the edges slightly. Brush one side with warm milk and the other side with butter. Sprinkle with sesame and onion seeds and bake in a hot oven, either on a greased baking sheet or on greased foil. Cook till the naans are soft and springy to touch and of a light golden colour.

Makes 10

Bhatura

(Fried, Fermented, Indian Bread)

Ingredients

250 g flour
120 g curd
1 tblsp soda bicarbonate
7-8 tblsp warm water
1 tsp sugar
a little salt

Method

Mix the flour, soda bicarbonate and salt. Sieve them together. Add sugar, curd and warm water and make a stiff dough. Continue kneading the dough till it stops sticking to fingers. Cover it with a wet cloth and leave it for 4 hours at least. Divide the dough into 15 equal parts. Shape them into balls. Flatten the balls with the palm of the hand and roll out into the shape of a chapati. Fry them one at a time in smoking hot ghee till light brown. Bhaturas are generally served with kabuli chanas.

Makes 7-8

Luchi

(Fried Indian Bread)

Ingredients

2 cups wheat flour
2 tblsp ghee
½ cup water
ghee for frying
salt to taste

Method

Mix flour, ghee, water and salt and make a stiff dough. Knead it well. Keep it aside for at least half an hour. Knead it again till it is soft

enough to roll. Make small balls and roll out into rounds. Heat the ghee in a karahi. When it is smoking hot, deep fry the rolled rounds of atta. Take them out when golden brown directly on to a brown sheet or paper. Serve hot with chanas or any other vegetable.

Makes 20

Poori
(Fried Indian Bread)

Ingredients

10 tblsp wheat flour
10 tblsp flour
2 tsp ghee
ghee for deep frying
½ tsp salt

Method

Sieve flours and salt together in a flat dish. Add ghee and mix it well with fingers. Add water and make a stiff dough. Knead thoroughly till the dough is smooth and soft. Cover it with a damp muslin cloth and leave for an hour or so. Knead it again. Divide the dough into small balls. Roll them out thinly into small rounds. Heat the ghee in a karahi. Deep fry them in hot ghee. When frying, press them tightly on top so that they swell up. Remove when light brown on both sides. Serve them hot.

Serves 3-4

Masala Dosa
(Stuffed Savoury Pancake)

Ingredients

Ghee for frying

For the batter

1 cup rice
1 tsp fenugreek seeds
½ cup black gram dal
salt to taste

For the filling

5-6 medium-size boiled potatoes
4 tblsp boiled peas
1 small onion
½ tsp turmeric
2 green chillis
salt to taste

Method

Pick rice and dal. Soak them for about 12 hours. Drain water and grind them into a smooth paste. Add a little bit of water and make the batter of pouring consistency. Mix salt and fenugreek seeds.

To make vegetable: chop the onion, fry it in a little ghee, put salt, green chillis and turmeric. Add chopped boiled potatoes and peas. Cook for 2-3 minutes and remove it from the fire. Then heat a thick griddle. Put a big spoonful of batter over it. Spread it fast and put a tablespoon of ghee around the dosa. Put two tablespoons of the prepared vegetable in the centre. Cook for 2-3 minutes then turn both the sides to the centre and cook the other side. Remove it from the griddle with a flat spoon (rice spoon) very carefully. Serve hot with coconut chutney.

Makes 8

Sada Chawal
(Boiled Rice)

Ingredients

1 cup rice
2 cups water
a few drops oil

Method

Clean, wash and soak the rice in 2 cups of water for about half an hour. Put it on the fire. Add the drops of oil. When water begins to boil, reduce the heat to low and cover the pan. When the rice is cooked, remove it from the fire but keep it covered for about ten minutes. Serve with vegetable curries or dals.

Serves 2

Khichdi
(Rice and Lentil Porridge)

Ingredients

2 cups rice
6 cups water
½ cup split green gram
1½ tsp cumin seeds
2 cardamoms
4 tblsp ghee
2 bay leaves
salt to taste

Method

Wash the rice and dal properly. Cook the rice and dal together in about 6 cups of water with the bay leaves, salt and cardamoms. Allow it to cook till it becomes tender and both rice and dal are mixed properly. Remove it from the fire. Fry cumin seeds in ghee. When cumin seeds are brown, add to the cooked khichdi and remove it from the fire. Serve it hot with curd and mint chutney.

Serves 4-6

Bhuna Chawal
(Fried Rice)

Ingredients

1 cup rice
2 cups water
1 large onion
2 tblsp ghee
1 bay leaf
2 cardamoms
1 tsp cumin seeds
salt to taste

Method

Clean and soak the rice for half an hour. Heat ghee in a pressure cooker, add the dry masala, i.e., bay leaf, cardamoms and cumin seeds. Add chopped onion and salt and fry till brown. Add rice and fry a little, then add the water. Pressure cook exactly for one minute. Let it cool by itself. Serve hot.

Serves 2

Khatte Chawal
(Sour Rice)

Ingredients

2 cups rice
4 cups water
2 tblsp tamarind pulp
1 tblsp mustard seeds
1 tsp turmeric
1 tsp chilli powder
2 medium onions
4 tblsp oil or ghee
salt to taste

Method

Boil rice in twice the amount of water for one minute, in a pressure cooker. Heat oil in a karahi, fry onions till golden brown, add mustard seeds, then tamarind pulp, turmeric, chilli powder and salt. Cook till oil separates. Pour the above mixture over the rice. Mix well and serve.

Serves 4-6

Narial Chawal
(Coconut Rice)

Ingredients

200 g desiccated coconut
1 cup rice
2 cups water
1 tsp cumin seeds
2 tblsp oil or ghee
a few cashewnuts, chopped
a few raisins
salt to taste

Method

Heat oil in a pressure cooker and fry cumin seeds. Add coconut and fry till light brown. Add rice and fry for a minute. Add salt, cashewnuts and water and pressure-cook for 1-2 minutes. Garnish with raisins and serve.

Serves 2-3

Kesar Chawal
(Saffron Rice)

Ingredients

2 cups basmati rice
2 onions
6 tblsp ghee
4 cloves
2½ tsp jaggery
1½ tsp salt
4 green cardamoms
1 piece cinnamon
1 tsp saffron
4 cups boiling water

Method

Wash the rice well, changing the water at least 4 times. In a small bowl or a cup, mix saffron with 2½ tablespoons of boiling water and let it stand for 10 minutes.

Now, heat the ghee in a dekchi or a heavy casserole, with a well-fitting lid. Drop in the cinnamon, cloves and stirfry. Add the onions and fry on medium heat till soft and golden brown. Add the rice which has been well drained and fry for about ten minutes. Now add 4 cups of boiling water. Raise heat and bring to a boil, stirring constantly. Add jaggery, salt, cardamoms and saffron liquid. Reduce heat to low, cover and seal with a dough made of flour and water and cook for about 30 minutes. If in a casserole, cover with a tightly-fitting lid

and place in a preheated oven (350 degrees F) for 30 minutes. Uncover and fluff the rice with a fork and serve immediately.

Serves 4-6

Subzi Pulao
(Vegetable Fried Rice)

Ingredients

2 cups rice
4 cups water
1 small cauliflower
1 cup peas, shelled
3-4 medium potatoes
1 large onion
3-4 cardamoms
1 tsp chilli powder
2-cm stick cinnamon
a few cloves
3 tblsp ghee
salt to taste

Method

Clean, wash and soak the rice. Slice onion and cut cauliflower and potatoes into small pieces. Fry onion in ghee till golden brown. Then put all the vegetables and dry masala. Put 1-2 tablespoons of water and cook till potatoes and peas are half done. Then add 4 cups of water, salt and drained rice and put it on the fire. When water boils, reduce the heat to low and cover the pan with a lid. When rice is cooked, remove the pan from the fire but keep it covered for about five minutes. Serve with plain curd.

Serves 6

Tiranga Pulao
(Tri-coloured Rice)

Ingredients

2 cups rice
4 cups water
4 tblsp ghee
½ cup curd
½ tblsp chilli powder
colours — red, green, yellow
2-3 large onions
½ cup peas, shelled
½ cup French beans, chopped
½ cup carrots, chopped
1 tblsp garam masala
salt to taste

Method

Boil peas, chop French beans and carrots. Then fry the onions in one tablespoon of ghee till golden brown. Add all the vegetables, salt and garam masala. Mix and remove from fire. Divide vegetables into four portions. Pressure-cook rice for exactly 1 minute. Cool rice and divide into four portions. Colour portions: one red, second green, third yellow and leave fourth as it is. Grease an ovenproof dish. Place red coloured rice in the dish, spread a portion of the vegetables. On top of these vegetables, spread curd. On top of the curd spread green coloured rice and repeat the above procedure with the other coloured rice. On the topmost layer, pour 3 tablespoons of ghee and cover with the lid. Bake for 15-20 minutes. Before serving, turn out into a flat dish.

Serves 6

Pongal Chawal
(Nutty Fried Rice)

Ingredients

2 cups rice
4 cups water
1 tblsp cashewnuts
1 cup coconut, desiccated
1 tblsp raisins
5 cardamoms
8 tblsp ghee
salt to taste

Method

Fry the cashewnuts and raisins in 2 tablespoons of ghee. Pour 4 cups of water and add salt. When the water starts boiling, put the rice and cover the pan. When the rice is half cooked, add the coconut, cardamoms and rest of the ghee. Cover the pan again and cook the rice on slow fire till tender. Serve cold or hot.

Serves 4-6

Gosht Biryani
(Mutton Fried Rice)

Ingredients

1 kg rice
1¼ kg mutton
¼ kg onions
1½ cups curd
200 g ghee
¼ cup milk
1 tsp saffron
1 tsp garam masala
1 tsp chilli powder
5-cm stick cinnamon
4 cloves
4 peppercorns
3 cardamoms
20 almonds and raisins
2 tblsp lime juice
salt to taste

Grind into a paste

5-cm piece ginger
12 cloves garlic
4 green chillis
a few coriander leaves

Method

Slice the onions and fry in ghee until golden brown and remove from the ghee. Dissolve the saffron in a little water. Boil the meat in sufficient water, adding salt and ginger-garlic paste to it. Put the garam masala in the ghee and fry the boiled meat in it. Then add half of the fried onions, curd, chilli powder and milk. Cook till the gravy is thick.

Boil the rice in sufficient water with salt, cinnamon, cloves, peppercorns and cardamoms. When the rice is half cooked, add lime juice and cook till tender, then strain through a sieve. Heat some ghee in a vessel and then put some rice, then a layer of the meat mixture and a little saffron water. Put the remaining fried onions over it and then another layer of rice and the saffron water. Heat the rest of the ghee and pour over it. Decorate with almonds and raisins, cover tightly. Simmer on slow fire and place live coals on the lid. The lid is to be opened just before serving.

Serves 8-10

Keema Biryani
(Mince Fried Rice)

Ingredients

½ kg mince
1 tsp turmeric
1 tsp cumin seeds, powdered
½ tsp cumin seeds
2 large onions
1 tsp fennel seeds
1 cup chicken stock
2 cups basmati rice
1¼ tsp salt
6 tblsp ghee
¼ tsp saffron
2½ tblsp boiling water
1 tblsp coriander leaves, chopped

Method

Bring 5 cups of water to a boil in a large saucepan or dekchi. Add cleaned, washed rice and 1 tablespoon of salt and cook rapidly, stirring constantly for 10 minutes. Strain the rice and keep aside. Mix saffron in a little boiling water and keep aside.

In a large frying pan, heat 3 tablespoons of ghee. Put in chopped onions, whole cumin seeds, the rest of the salt and cook till the onions are a very light brown. Add the ground cumin seeds and turmeric and cook for a couple of minutes more, stirring constantly. Add mince and cook, mashing so that there are no lumps left. When all the pinkness is gone, remove from heat and stir in chopped fresh coriander.

Heat 3 tablespoons of ghee in a large dekchi with a well-fitting lid. Put in the fennel seeds. Stir for a minute, then add the parboiled rice and mix well. Take off heat and remove two thirds of the rice. Spread the rice left in the dekchi, evenly, and sprinkle some of the saffron water over the rice. Now spread half of the cooked mince evenly over the rice and half of the reserved rice over the mince. Spread the rest of the mince over the rice and the rest of the rice over the mince. Sprinkle the rest of the saffron water and the chicken stock over the rice. Put it back on heat and bring to a boil. Lower the heat to the lowest point. Cover and seal lid with dough made out of flour and water. Leave on fire for 30 to 45 minutes. Uncover and fluff up with fork. Serve immediately.

Alternatively, layer in the same manner in a heavy casserole, cover with a tightly-fitting lid, and bake in a moderate oven for 25 minutes.

Serves 4-6

SPORTS

The Pucca Sahibs

AT BOMBAY:
Before the Start

AT CALCUTTA:
After the Finish

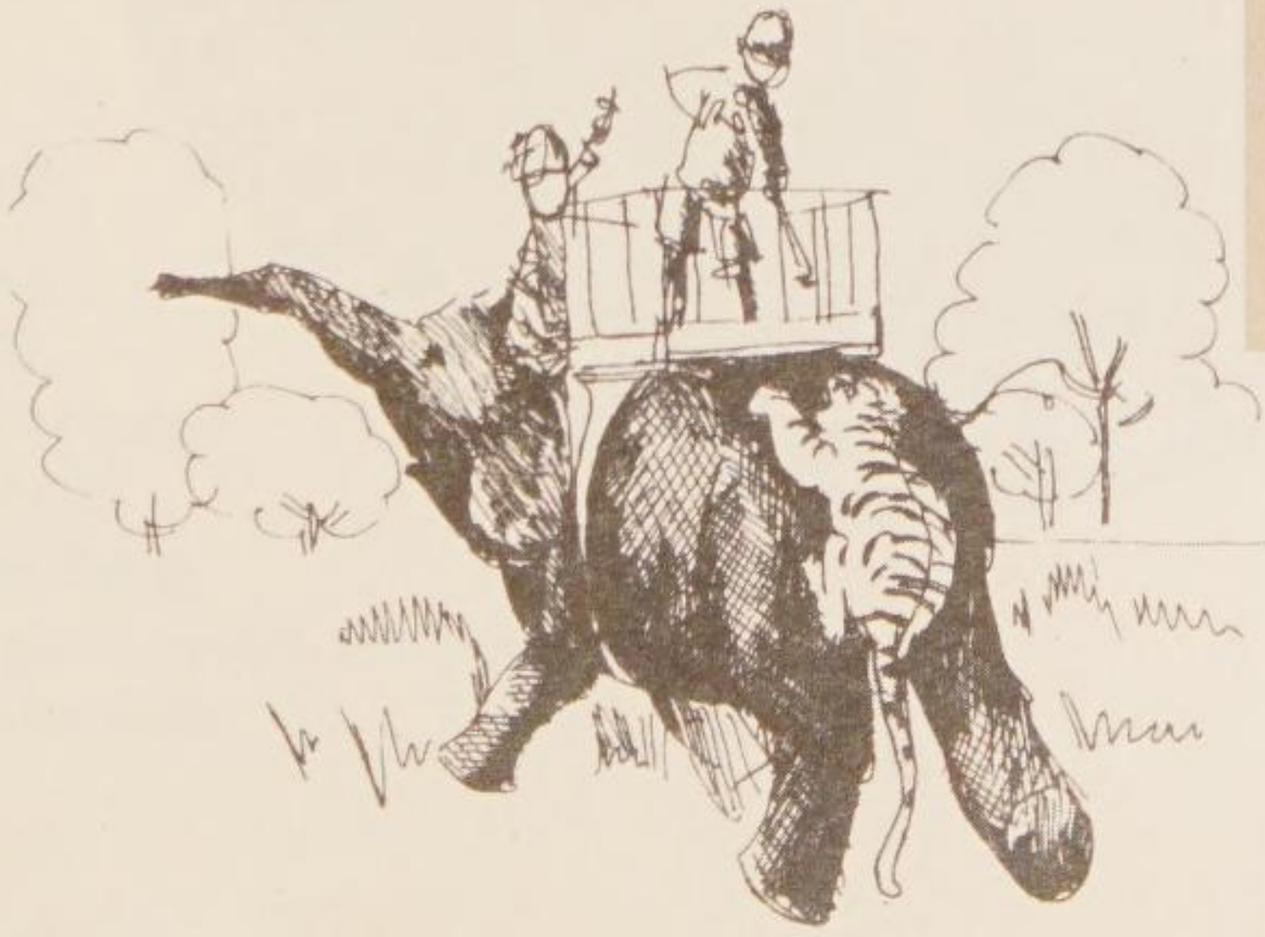
THEIR EXCELLENCIES
AT MAHABLESHWAR

A Tennis Group: Their Excellencies are seated in the centre, the Hon. P.D. Pattani is on the left and the Hon. Mr Claude Hill on the right. Major Greig is standing on the extreme left at the back and next but one to him is Mr Gibson, Private Secretary

POLO IN POONA

The Poona Horse Team Winners of the Poona Open Tournament: Captains Raymond, Alderson, Hilderbrand and Lucas

Miss Marie Lloyd kicks off at a Football Match for charity



Pigeon-Flying

A Parliamentary Contest

A parliamentary sports contest of an entirely novel description, which will undoubtedly arouse interest of the keenest character, has been arranged between Mr. Handel Booth, M. P., for Pontefract, and Mr. Percy Illingworth, chief Liberal Whip and M.P., for Shipley.

Pigeon-flying is wonderfully popular in both districts, and Mr. Handel Booth challenged Mr. Illingworth for a race between birds from the two constituencies. Mr. Illingworth, a keen pigeon fancier, promptly accepted, and the general arrangements have already been made. Sixty birds from each constituency are to be released in Palace Yard, and prizes of £15, £10 and £5 will be offered for those first home, a time allowance being made for the difference in the distance to the two places. The contest is to take place in July. Great enthusiasm in the event has been roused among the working men of the two divisions, and birds are already being prepared.

Meetha

Puddings

Angrezi
English

Rice Pudding

Ingredients

½ cup rice
3 cups milk
a pinch of salt
1 tsp vanilla essence
1 tblsp butter
a little grated nutmeg
½ cup sugar

Method

Heat milk with sugar and salt till the sugar has melted. Take off heat and add vanilla essence. In a large pie dish, put the washed, drained rice and pour the heated milk over it. Dot the top with butter and put into very low oven, about 275 degrees F. After every 30 minutes, take the pudding out of the oven and stir till the rice is soft and the milk is creamy. Now move the dish into the upper shelf of the oven and bake till a rich golden colour.

Serves 3-4

Fritters

Ingredients

½ cup flour
½ cup milk
1 tblsp oil or butter
a pinch of salt
oil for deep frying
apples or pears, peeled, cored and sliced
a little castor sugar

Method

Prepare batter by mixing flour, milk and salt. Beat well, adding oil or butter. Dip fruit of your choice into this batter and deep fry till golden brown.

Drain and arrange on a dish. Sprinkle castor sugar over fritters while still hot. Serve immediately.

Serves 2

Banana Fritters

Ingredients

4 large, slightly overripe bananas
6 tblsp flour
a pinch of salt
a little grated nutmeg
butter for frying
a little castor sugar

Method

Mash bananas well. Add flour and mix. Beat well. Heat a frying pan and grease generously. With a tablespoon, drop and flatten slightly, small quantities of the batter. Cook on moderate heat till golden brown. Put on a platter and sprinkle castor sugar immediately. Continue in this way till all the batter is finished. Serve with sliced lemon.

Serves 4

Jam Roly Poly

Ingredients

1 cup flour
1 tsp baking powder
a pinch of salt
50 g fat
jam of choice

Method

Sift flour, baking powder and salt into a mixing bowl. Cut fat into the flour and with a knife, toss and mix, adding sprinkles of water to bind the mixture into a light dough. Roll out into a fairly thin oblong. Apply jam of your choice generously, leaving a 2-cm margin all round. Roll up loosely, sealing ends. Wrap in foil.

Fill the bottom half of a steamer and bring to a boil. Put the roll on the top over the boiling water and cover. Steam for 2 hours, adding more water to the steamer, if necessary. Serve with thin custard or cream.

Serves 4

Christmas Pudding

Ingredients

250 g fresh breadcrumbs
250 g flour
375 g fat
250 g brown sugar
250 g raisins
250 g currants
125 g sultanas
250 g mixed candied peel
1 tsp mixed spice
½ tsp ground nutmeg
6 eggs
½ cup of milk
2 wine glasses brandy

Method

Mix all the dry ingredients in a large mixing bowl. In another bowl, beat the eggs till frothy. Add the milk and brandy. Now mix this liquid into the flour, fat, and fruit mixture. Stand, covered, overnight or for 12 hours. Divide the pudding between three greased pudding basins, leaving at least 2 cms for expansion. Cover with double greaseproof paper and then with foil. Tie with string, crossing the string over the top so as to make a handle to lift. In a large dekchi, bring water to a boil and lower pudding basins in. Water should come up to within 2 cm from the top of the basins. Bring to a boil once more and then simmer for 5 hours. Remove from dekchi and change covers. Store in a cool place for a month or so to mature. There is no harm done if the pudding is eaten right away, but on maturing, it does make a better-tasting Christmas pudding. Serve with brandy sauce or cream.

Serves 6

Brandy Sauce

Ingredients

100 g butter
100 g icing sugar
4 tblsp brandy or rum
¼ tsp lemon peel grated

Method

Cream butter and sugar till light and fluffy. Add the brandy or rum very slowly and then the lemon peel.

Bread and Butter Pudding

Ingredients

6 slices bread, well-buttered
50 g raisins
2 eggs
½ cup sugar
2½ cups milk
grated peel of ½ lemon

Method

Butter a pie dish well. Cut the buttered bread into rectangles or triangles, depending on the shape of the pie dish and layer them in the dish, sprinkling the raisins as you do so. Also sprinkle it with the grated lemon peel. Now heat the milk in a saucepan with the sugar. Do not boil. Break eggs in a bowl and beat. Pour the slightly cooled milk over the eggs whisking so that they mix properly. Pour this over the layered bread and allow to soak for an hour or so. Bake in a moderate oven for 45 minutes or till the top is golden brown.

Serves 6

Khoya Pudding

Ingredients

4 slices bread
250 g solidified milk
50 g raisins
50 g almonds
3 cups milk
3 eggs
½ cup sugar

Method

Heat milk and sugar slightly. In a pie dish, whip eggs, add milk, solidified milk, bread, and let it stand for an hour. With a fork, mash well. Add almonds and raisins. Bake in a moderate oven till the top is golden brown.

Serves 6

Pancakes

Ingredients

1 cup flour
a pinch of salt
1 egg
1 tblsp butter
1 cup milk and water mixed in equal quantities
sugar
a few lemon slices
butter for frying

Method

Sift flour into a mixing bowl. Make a well in the centre and break egg into it. With a fork, start mixing, gradually drawing in the flour. Start adding milk when the mixture gets thick. Keep beating till a smooth batter is acquired. If too thick, add a little more milk and water. Stand for half an hour and beat well again. Heat a little butter in a well-used frying pan. When the bottom of the pan is covered with butter, pour a ladleful of batter into the pan. Move the pan around so that the batter spreads evenly into a circular shape. Cook till the batter is just set. Slide a spatula under the pancake and flip over. The underside should be a golden brown. Cook the underside briefly and remove to a hot plate. Serve sprinkled with castor sugar and lemon slices.

Serves 4-6

Fresh Fruit Salad

Ingredients

1½ kg fresh fruit of the season
1¼ cups water
2 oranges
1 lemon
½ cup sugar

Method

Bananas and some citrus fruits are available all the year round. Cut, clean and peel. Put into a bowl and refrigerate. Squeeze oranges and lemon and keep juice aside. Cut thin strips of orange and lemon peels and put into a saucepan with water and sugar. Bring to a boil and simmer for 5 minutes. Add orange and lemon juice. Strain, cool and pour over fruit. Serve with cream.

Serves 6

Ginger Cream Roll

Ingredients

2 cups cream
3 tblsp brandy or whisky
1 tblsp castor sugar
½ kg ginger biscuits
a little crystallized ginger, sliced

Method

Whip the cream till it is fairly stiff. Gradually add the sugar and brandy or whisky. Now layer between the biscuits making a long roll on a serving dish. Spread the remaining cream over the roll. If the dish or platter is not long enough, make two rolls side by side and spread the cream over both the rolls. Decorate with sliced, crystallized ginger.

Serves 8

Fruit Trifle

Ingredients

1 kg fresh fruit of the season
1 can pineapple slices
½ kg sponge cake
1 packet strawberry jelly
2 cups cream
1¼ cups water
2 oranges
1 lemon
½ cup sugar
a few cherries
sherry, brandy or rum

Method

Clean, peel and cut fruit. Put in a bowl and refrigerate. Drain pineapple slices and keep the pineapple liquid aside. Chop up the pineapple slices and add to the other prepared fruit and chill. Squeeze oranges and lemon and add juice to the pineapple liquid. Cut a few thin strips of the orange and lemon peels and add to the water and sugar and put to boil. Simmer for 5 minutes. Take off heat and cool. Add fruit juices and keep aside. Prepare the jelly according to directions and put aside to set. Add a few tablespoons of sherry, brandy or rum to the fruit juice syrup. Now take the sponge cake and cut it to fit the bottom of the pudding bowl. Pour all the fruit juice over it and leave it to soak. Now spoon the semi-set jelly over this and refrigerate so that the jelly sets. Next, put all the fruit salad on top. Just before serving, whip the cream till fairly stiff and spread on top. Decorate with a few cherries.

Serves 8-10

Mango Mousse

Ingredients

½ kg fresh mango pulp
sugar to taste
1½ cups whipped cream
1 tblsp gelatine
4 tblsp warm orange or lemon juice

Method

Purée the mango pulp. If you have a liquidiser, use it. Add sugar to taste. Mix the pulp with the cream. Now dissolve the gelatine in the warm orange or lemon juice and stir into the mango-cream mixture. Pour into a serving bowl and chill.

Serves 4-6

Tipsy Cake

Ingredients

1 home-made sponge cake
jam
3 wine glasses sweet wine
1 cup custard
50 g almonds
¼ tsp almond essence
½ wine glass brandy

Method

Spread jam over the cake. Take a skewer and pierce holes right to the bottom of the cake. Place the cake on a serving plate. Now pour the wine over the cake. Sprinkle the sliced almonds over it. Flavour the custard with the almond essence and keep aside. Just before serving, pour the brandy over the cake, and then spoon the custard on top. If you want a rich tipsy cake, top it with whipped cream.

Serves 6-8

Brandy Snaps

Ingredients

50 g butter
1 tsp brandy
50 g flour
1 tsp lemon juice
½ tsp ginger
100 g castor sugar
1 cup whipped cream

Method

Melt the butter in a saucepan. Put all the other ingredients into the saucepan except for the cream, and cook for 5 minutes. Take off heat and put a teaspoonful of batter on a greased baking sheet. Space them well apart. Bake about four at a time till they are golden brown. Take out of the oven and keep aside while more are being put in to be baked. Now take one at a time, and with the wooden handle of a spoon, roll into the shape of a large cigar. Hold for a minute or two for the shape to set. Keep on a rack to cool. Fill with unsweetened whipped cream and serve.

Makes 12-14

Custard

Ingredients

2 cups milk
4 eggs
75 g sugar, ground
½ tsp vanilla essence
2 tblsp light cream

Method

Bring the milk to a boil and keep aside. In a bowl, beat the eggs, sugar and vanilla essence to a creamy consistency. Stir into the milk and in a double boiler, cook on gentle heat for about 20 minutes. The mixture should coat the back of the spoon.

Serves 4

Baked Custard

Ingredients

5 eggs
2 cups milk
2 tblsp sugar
½ tsp vanilla essence

Method

Beat eggs, sugar and vanilla essence well. Add warm milk, beating all the time. Pour into an ovenproof dish and bake for an hour in a moderate oven. Remove from oven. This can be served hot or cold.

Serves 6

Caramel Custard

Ingredients

5 eggs
2 cups milk
2 tblsp sugar
½ tsp vanilla essence
2 tblsp granulated sugar

Method

In a small pan, put in 2 tablespoons of sugar with a little water and let it cook till it becomes of a deep brown colour. Add a few drops of water and pour into an ovenproof bowl. Prepare the rest of the ingredients as in 'Baked Custard' and pour into the bowl on top of the caramel mixture. Cook as above. Leave till almost cold, then turn out on to a serving dish.

Serves 6

Hindoostani
Indian

Shahi Tukre
(Royal Bread Pudding)

Ingredients

6-8 slices bread
6-8 tblsp sugar
5 tblsp thickened milk
50 g solidified milk
1½ cups milk
1 tsp saffron
3-4 green cardamoms, powdered
2 tblsp almonds and pistachios, shredded
ghee for frying

Method

Remove the crust and cut rectangular pieces of bread slices. Deep fry them till golden brown. Heat the milk, add 3 tablespoons of sugar. Boil and remove from fire. Pour it over the fried slices.

After a few minutes, remove the slices from the milk. Mix the milk in the thickened milk, add cardamom powder, saffron, rest of the sugar and cook till the mixture thickens again. Add bread slices to it. When soaked properly, take them out in a flat dish. Serve hot, sprinkled with solidified milk, shredded almonds and pistachios.

Serves 4-6

Zarda Pulao
(Sweet Fried Rice)

Ingredients

1 cup rice
1 tblsp almonds, chopped
¾ cup sugar
saffron or a few drops yellow colour
2 silver leaf papers
4 tblsp ghee or oil
4-5 cardamoms
4 cloves
1 tblsp raisins
2 cups water

Method

Wash and soak the rice in water for ten minutes. Heat the ghee, add cloves and cardamoms and fry for one or two minutes. Add rice and the water in which it was soaked. Cook till the rice becomes soft. Add sugar and saffron or yellow colour, and cook till sugar dissolves. Mix thoroughly. Add half of the almonds and soaked, drained raisins. Cover and put the pan on a thick griddle for another ten minutes on slow heat. Remove from the fire. Decorate with rest of the chopped almonds and silver leaf papers. Serve hot.

Serves 4

Phirni
(Indian Rice Pudding)

Ingredients

1 kg milk
2-3 tblsp fine rice
1 cup water
¾ cup sugar
1 tsp green cardamoms, powdered
1 tblsp pistachios, chopped
1 tblsp rooh kewra or rose water
a few rose petals or 2 silver leaf papers

Method

Soak the rice in water for an hour. Drain water and grind the rice, either very fine or a little thick, as desired. Make a paste of the rice, adding 2-3 tablespoons of water. Boil milk. When it starts to boil, add the rice paste to it and keep stirring till the mixture thickens. Add sugar and cook for 5-7 minutes more. Add powdered cardamoms, chopped pistachios and essence. Remove it from the fire. Put into individual earthenware or other dishes and leave to set. Garnish with silver papers.

Serves 8

Gulab Jamun
(Fried Dumplings in Syrup)

Ingredients

300 g milk powder
100 g flour
4 tblsp curd
1 tsp baking powder
milk for dough
250 g sugar
water for syrup
ghee or oil for frying

Method

Boil sugar in water to make a one-thread consistency syrup. Remove it from fire when ready. Combine milk powder and other ingredients. Mix well to make a soft dough. Keep it aside for 10-15 minutes. Then make 2-cm balls. Heat ghee in a karahi, fry two or three at a time on slow fire. When brown, remove them from the karahi. Keep the sugar syrup ready and immediately dip the balls in the syrup. Keep soaked for half an hour, and serve hot.

Serves 8

Gulab Jamun

Ingredients

300 g solidified milk
100 g flour
1 tsp baking powder
250 g sugar
water for syrup
ghee for frying
a pinch of salt

Method

Make syrup with sugar and water. It should be of one-thread consistency. Rub the solidified milk till soft and free of granules. Add flour and baking powder. Mix well to make a soft dough. Make 2-cm balls, deep fry two or three at a time on slow fire. Fry till deep brown, then remove and immediately dip them in the sugar syrup. Let the balls soak for half an hour. Serve hot.

Serves 8

Gajar Ka Halwa
(Carrot Dessert)

Ingredients

1 kg carrots
6 cups milk
150 g solidified milk
175 g sugar
a few raisins and almonds, shredded
3 tblsp ghee
2 silver leaf papers

Method

Wash, scrape and grate the carrots. Heat ghee in a karahi, add carrots and fry for 5 minutes. Cover and cook for 5-10 minutes on slow fire. Add solidified milk and milk to the carrots. Cook on slow fire, stirring occasionally till the milk is completely absorbed. Add sugar and stir till it dissolves. Add raisins and cook for about 3-4 minutes till the halwa is nearly dry. Mix well and remove from fire. Serve garnished with silver leaf papers and shredded almonds and raisins.

Serves 4-6

Moong Dal Ka Halwa
(Indian Green Gram Dessert)

Ingredients

150 g moong dal
200 g sugar
2 cups milk
200 g solidified milk
8 tblsp ghee or oil
3 tblsp almonds, chopped
½ tsp cardamoms, ground
1 tblsp raisins

Method

Clean and soak dal for 8-10 hours. Drain and grind into a paste. Add sugar to milk and boil till the sugar gets dissolved. Put the ghee in a karahi and fry the dal paste on slow fire till the colour becomes golden. Add milk and cook for a few minutes more. Then add solidified milk and cook on slow fire, stirring continuously till the solidified milk is completely absorbed in the mixture. Then add the almonds, raisins and cardamom powder. Serve hot.

Serves 4-6

Pethe Ka Halwa
(Fried Pumpkin Dessert)

Ingredients

250 g pumpkin
250 g sugar
½ cup milk
100 g almonds
5-6 green cardamoms
½ tsp nutmeg powder
8 tblsp ghee

Method

Clean, peel and grate pumpkin. Put into a saucepan. Let it cook slowly in its own juice till quite dry. Add sugar and continue cooking on slow fire. Add milk, stirring constantly. Now add the ghee and continue cooking till the mixture leaves the sides of the saucepan. Sprinkle with almonds, cardamom and nutmeg powders. Put into a buttered oven-proof dish and bake in a moderate oven for 10 minutes.

Serves 4

Suji Ka Halwa
(Fried Semolina Dessert)

Ingredients

1 cup semolina
¼ cup chopped nuts
¾ cup sugar
½ cup milk
2 cups water
1 cup ghee

Method

Make a syrup of sugar and water. Bring it to boil and continue boiling till it becomes a one-thread consistency syrup. Remove from fire and keep aside. Heat ghee in a karahi. Fry semolina in it till it turns golden brown. Add the sugar syrup to it and keep stirring. When it becomes thick, add milk and nuts. Cook till the mixture starts leaving the sides of the pan. Serve it hot.

Serves 4-6

Chawal Ki Kheer
(Rice Pudding)

Ingredients

1 kg milk
2-3 tblsp rice
¾ cup sugar
3-4 tblsp raisins and almonds, chopped
1 tsp green cardamoms, ground
2 silver leaf papers

Method

Clean and soak the rice for half an hour. Boil milk and add drained rice to it. Continue cooking on slow heat until the mixture thickens. Add sugar, raisins and almonds. Cook for 2-3 minutes and remove it from the fire. Kheer can be served either hot or cold, as desired. While serving, add ground cardamoms, and garnish with silver leaf papers.

Serves 4

Sewain Kheer
(Vermicelli Pudding)

Ingredients

1 cup or ½ packet vermicelli
1 cup sugar
400 g milk
4 tblsp milk powder
1 tsp cooking oil
2 cardamoms, finely ground
50 g cashewnuts
50 g almonds
silver leaf papers

Method

Take a thick-bottomed pan. Lightly fry varmicelli in cooking oil just for a minute or so, as it has been already roasted before being packed. Add milk immediately. When it is soft, add sugar. Let it cook for another five minutes. Take off the fire. Mix milk powder in half a cup of water and add this to thicken the kheer. Cool. Decorate with diced cashewnuts, almonds and powdered cardamoms and silver leaf papers.

Serves 6

Makhana Kheer
(Lotus-seed Pudding)

Cook just like sewain kheer, using 50 grams of makhanas. After frying makhanas, pound them a little. Thereafter, follow the above recipe.

You may need a little extra sugar as makhanas tend to absorb more sugar. So keep a little extra powdered sugar handy.

Serves 6

Falooda
(Glass Noodles)

Ingredients

4 tblsp arrowroot
crushed ice
3 cups water

Method

Make a paste of arrowroot by mixing it in a cup of water. Add a glass of water to the arrowroot paste and cook over medium flame. Keep stirring, so that lumps do not form. When it leaves the sides of the pan and becomes one big lump, pour into a colander, rubbing well with the back side of a spatula, into a pan of iced water. It will set immediately. Keep in a cool place. Just before using, drain off the iced water.

Kulfi
(Indian Ice-cream)

Ingredients

3 ltrs milk
300 g sugar
2 tblsp arrowroot
a few drops kewra essence
½ cup blanched almonds, finely cut
1 cup falooda

Method

Mix arrowroot in a cup of milk and keep aside.

Boil remaining milk, add arrowroot paste to it. Keep boiling till the milk is reduced to one-fourth. Add sugar, cook for another ten minutes. Cool. Add kewra and almonds. Fill into kulfi moulds. Freeze them in a deep freeze. Kulfi takes about three hours to set completely. Take the kulfi out of the moulds by dropping the moulds into hot water just for a second. Serve with falooda.

Serves 6-8

Ras Malai
(Cottage Cheese Balls in Flavoured Milk)

Ingredients

3 ltr milk
juice of 1 lemon
1½ cups sugar, finely powdered
silver leaf papers
a few pistachios, finely diced
2 tsp rose or kewra water

Method

Take half the milk and put it to boil. When it starts boiling, add the lemon juice. Keep stirring till the curdled milk separates from water. Sieve through a muslin cloth and tie the cheese and hang it up. Don't press under weight as this will tend to harden the cheese.

Put the remaining milk to boil. When it is reduced to half, add half the sugar and cool it. Open the muslin bag. Knead cheese very well with the palms of your hands, add the other half of the powdered sugar. Keep rubbing it until it forms a soft dough. Make small balls or any other desired shape. Flatten the balls. Put two in each serving cup or arrange in a big flat dish. Pour thickened milk on them. Sprinkle

diced pistachios and rose water. Decorate with silver leaf papers.

Ras malai should be soaked in thickened milk for at least an hour before it is chilled. Chill and serve.

Serves 6

Besan Ke Laddoo
(Gram Flour Balls)

Ingredients

2 cups gram flour
½ cup flour
2½ cups sugar
2 cups ghee
1 tsp cardamom powder

Method

Make a thin syrup with sugar and two cups of water. Put the ghee in a karahi. When it is smoking hot, put in gram flour and fry it till it becomes golden brown. Add the sugar syrup to it. Put the cardamom powder and cook, stirring constantly till it becomes thick and leaves the sides of the pan. Remove it from fire. Shape them in the form of laddoos (smooth round balls).

Serves 8-10

Jalebi
(Syrup-glazed Flour Fritters)

Ingredients

2½ cups flour
5 tblsp warm water
1 tblsp dry yeast
5 tblsp hot water
½ tsp saffron
1½ cups sugar
1 cup water
oil for frying

Method

In a small bowl, soak yeast in warm water. Take a mixing bowl and mix flour, yeast mixture and a little more than ½ cup of water and beat well. Continue beating till the mixture is quite smooth. Add the saffron that has been soaked in hot water. Let batter stand for a while. Now take a deep frying pan or karahi and heat oil for frying. Take a nozzle or make a paper funnel and fill with batter. Squeeze out little circular cakes into the oil and fry till a very light cream colour. Remove and drain on paper. In another saucepan, prepare syrup with 1½ cups sugar and 1 cup water. Drop the hot jalebis into the syrup. Steep for 15 minutes, remove and allow to glaze. Continue till all the batter is used up.

Serves 6

Papita Kheer
(Papaya Pudding)

Ingredients

2 ltrs milk
1 small raw papaya
1 cup sugar
a few blanched almonds
silver leaf papers
rose water
1 cup water
½ tsp salt

Method

Peel and core papaya. Grate and boil it in salted water till tender. Drain and wash really well with cold water to remove all traces of salt.

Put milk on to cook. When reduced to three quarters, add the prepared papaya. When the kheer ·thickens, add sugar. Take it off the fire and let it cool Cover with silver paper. Decorate with almonds. Chill well, sprinkle rose water just before serving.

Serves 6

For variation, instead of papaya, use marrow for making Marrow Kheer.

Kalakand
(Milk Cake)

Ingredients

1 ltr milk
250 g sugar
a few pistachios, shredded
a few drops citric acid
½ tsp butter

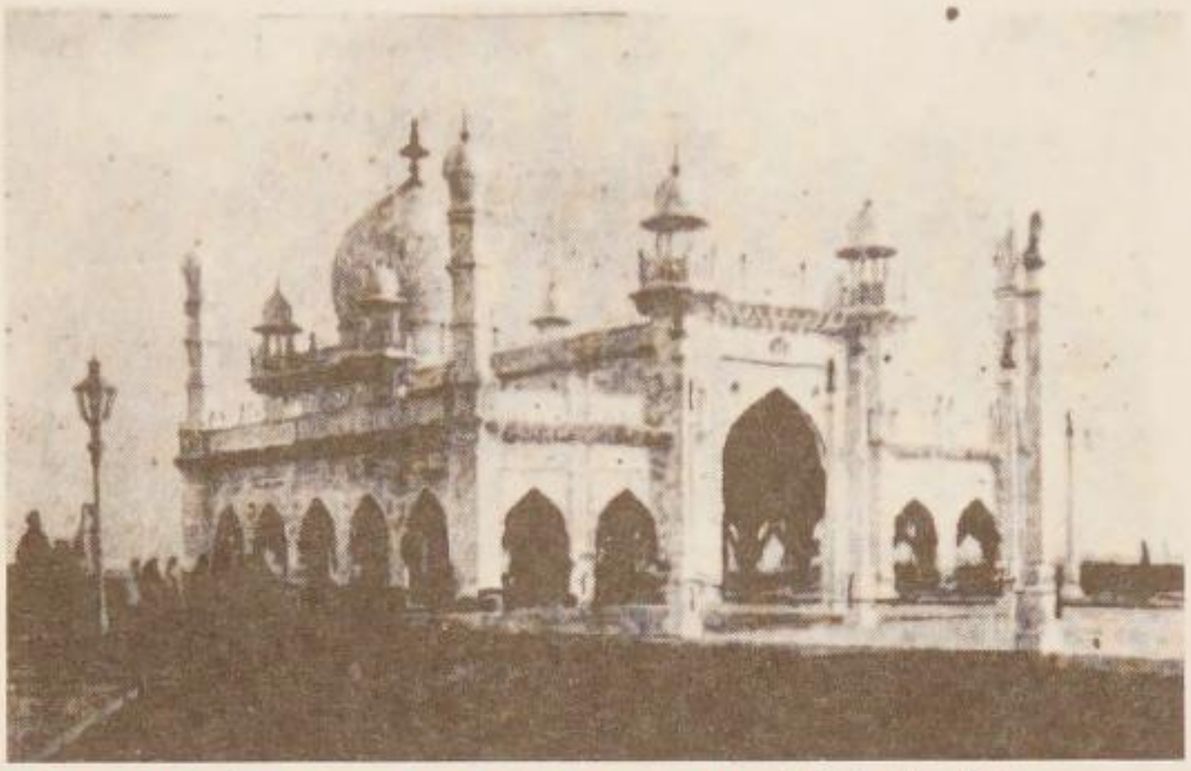
Method

Boil milk, add citric acid to curdle. When the milk curdles, beat it with an egg beater till smooth. Cook on slow fire till it thickens. Add sugar and keep stirring until the liquid becomes a thick paste. Spread half a teaspoon of the mixture on a plate. Let it cool and put a knife through; if it comes out clean, then it is ready to be taken off the fire. Just before taking it off, add the pistachios. Mix well and pour into a deep square tin which has already been greased with butter. Cover, and keep overnight in a cool place. Take it out, cut into pieces and serve.

Serves 6

THE RAJ

The Gateway of India, Bombay



The original temporary structure as to which the King expressed a desire that it should be reproduced in a permanent form

Mr. G.F. Wittelt's gateway. The foundation stone of the "Gateway of India" was laid by His Excellency Lord Sydenham

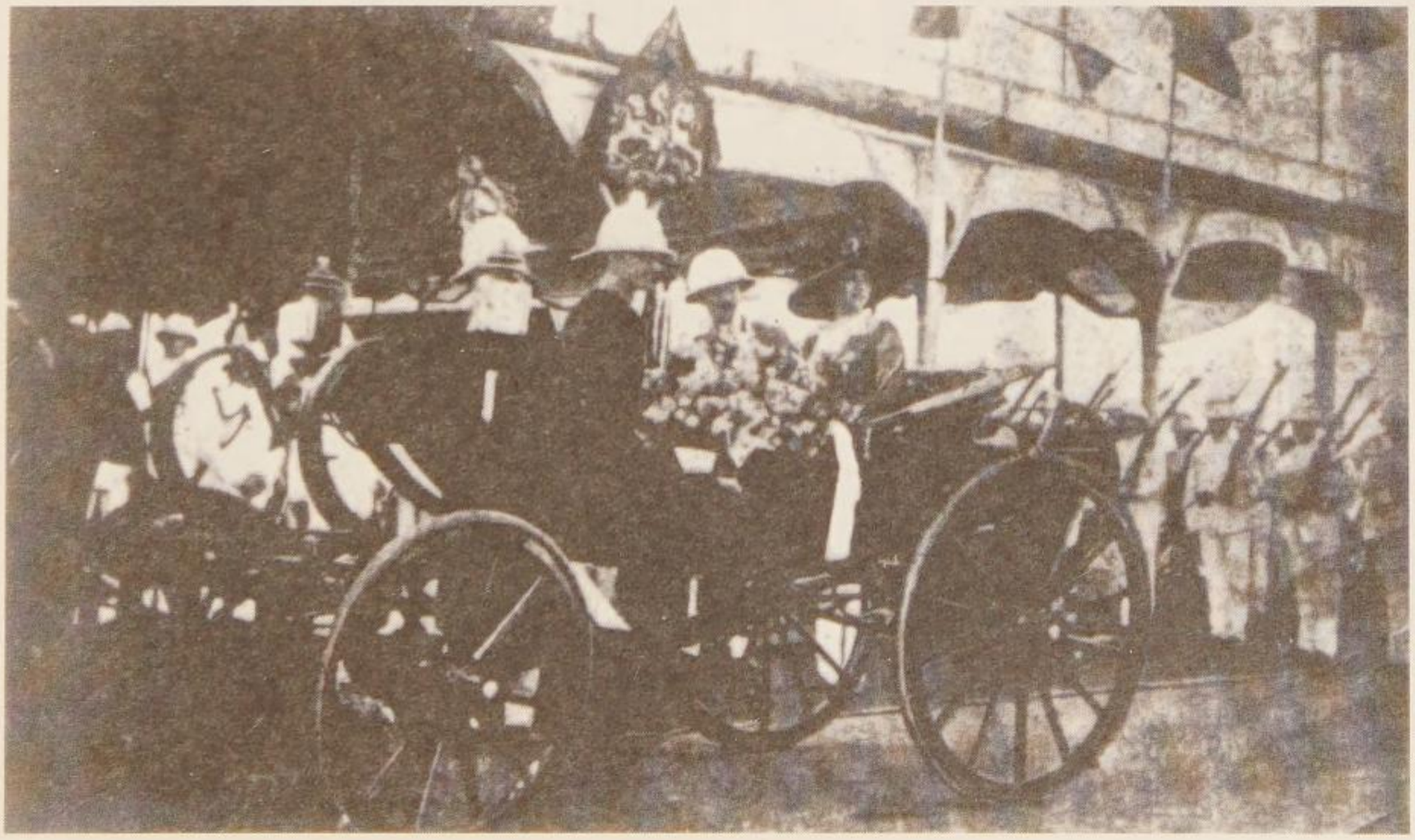
Their Excellencies arriving at the Bunder *shamiana* on the occasion of their departure

To the right are Lord and Lady Willingdon and to the left, Lord and Lady Sydenham, the staffs, both of the retiring Governor and the New Governor

The above is a flashlight photograph of Their Excellencies and guests at a recent dance at Mahableshwar. Lord and Lady Willingdon can be seen standing in the left-hand corner

DANCE AT GOVERNMENT HOUSE, MAHABLESHWAR

Their Excellencies Lord and Lady Willingdon



Lord and Lady Willingdon leaving the Apollo Bunder

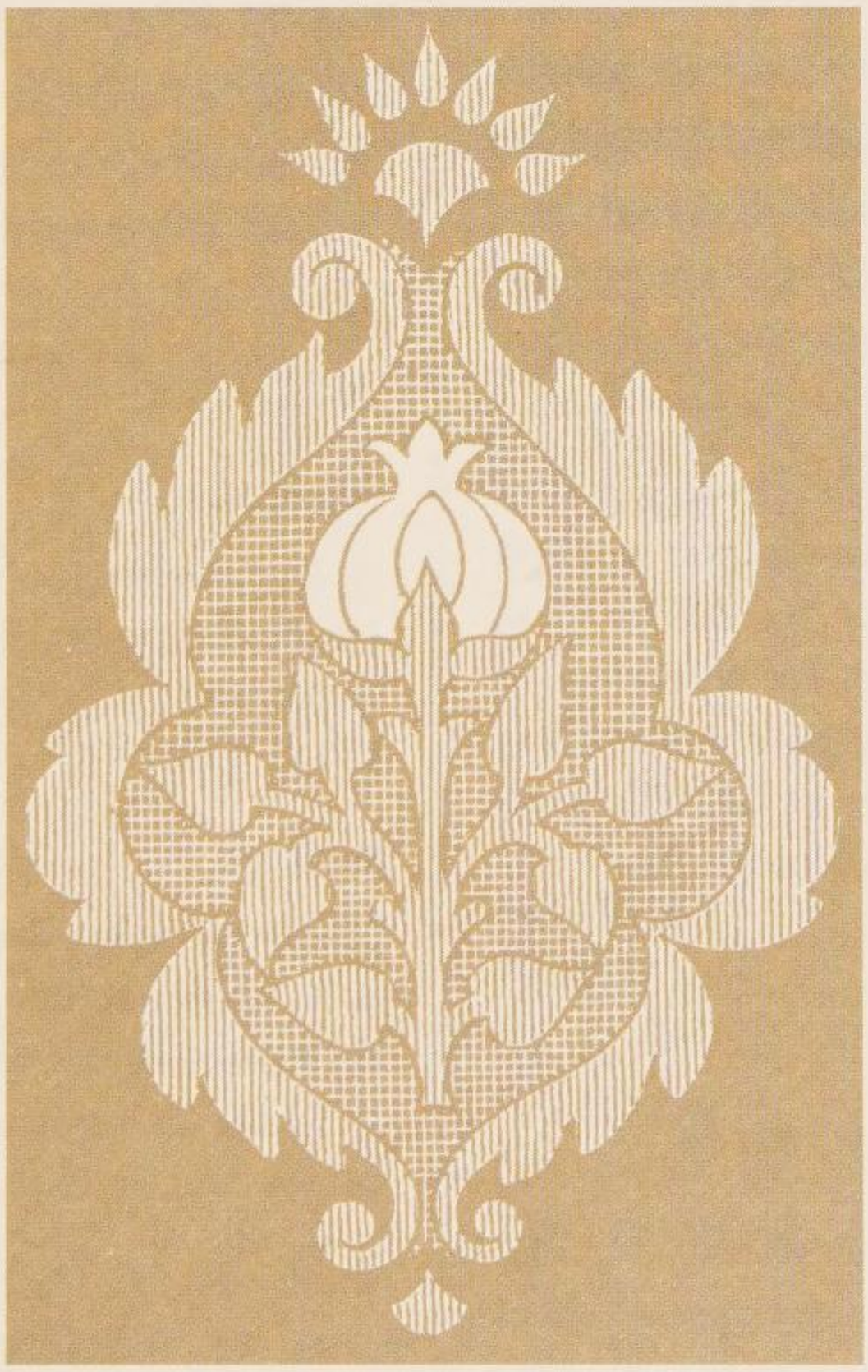
Governor-General's Bodyguard Daffedar

Bikaner Ganga Resala Retd. Rajput

Imperial Service Troops

Chai

(Evening Tea)



Angrezi
English

SANDWICHES

Sandwich bread should be thinly sliced and should be fresh. Each slice should be buttered generously so that it stays moist.

Egg Sandwiches

Ingredients

2 hard-boiled eggs
6 slices bread
100 g cold, sliced chicken
1 tsp parsley or green coriander, chopped
50 g or more butter
1 tsp mango chutney
shredded lettuce

Method

Mash the eggs. Add butter and chopped parsley or green coriander. Sprinkle a little salt and pepper (optional) to taste. Spread three slices of bread with this mixture. Top with chicken slices and shredded lettuce and cover with the buttered slices of bread that are left. Now press gently together and trim the crusts off.

Makes 6

Ham Sandwiches

For each sandwich you need 2 slices of buttered bread, a little chutney or curry paste, 3 slices cooked chicken, 1 slice ham, very thin slices of cheddar cheese and a crisp lettuce leaf.

Cinnamon Toast

Ingredients

1 tsp (heaped) sugar
2 tblsp butter
1 tsp powdered cinnamon
4 slices bread

Method

Mix cinnamon and sugar and keep aside. Toast the bread lightly and butter as generously as possible. Sprinkle it with sugar, cinnamon and put under a grill for a couple of minutes.

Serves 4

Fancy Nancy

Ingredients

½ kg flour
2 tsp baking powder
¼ tsp salt
½ cup milk

Method

Sift the dry ingredients together and with the milk, make a soft dough. Knead and then roll out into one large circle. Place on a baking sheet and bake in a hot oven till it is rich brown. When cold, split and spread with butter.

Makes 4

Brown George

Ingredients

½ kg whole wheat flour
¼ kg flour
a pinch of salt
¾ tsp cream of tartar
½ tblsp (level) bicarbonate of soda
1 tblsp fat
4 cups milk

Method

Sift the cream of tartar with a little flour, crushing any lumps that there may be, through the sifter. Mix wheat flour, salt and flour with cream of tartar. Melt the fat and rub it into the flour. Mix the bicarbonate of soda in a little milk and add to the mixture. Start making a dough, adding enough milk to get a nice elastic dough. Roll out into small cakes and bake in a hot oven for 20 minutes.

Makes 20-24

Cheese Muffins

Ingredients

250 g flour
2 tsp baking powder
a pinch of salt
½ cup grated cheese
1 egg
½ cup of milk

Method

Sift flour, baking powder and salt into a bowl. Add cheese and with your fingers or a fork, mix well. Make a well in the centre and pour in the beaten egg. Add a little milk at a time and make a soft dough. On a floured board, knead quickly into shape. Roll out and cut into rounds. Brush the tops with milk or beaten egg. Bake in a hot oven for 10 minutes. Butter and serve immediately.

Makes 10

Easy Muffins

Ingredients

2 (heaped) cups flour
2 cups milk — if cups are small, use another half cup of milk
4 eggs
1 level tsp salt
2 tsp sugar

Method

Sift flour into a fairly large bowl. In another bowl, beat eggs lightly and then add the milk, sugar and salt. Mix well and pour slowly into the flour, beating and mixing until a light, smooth mixture is obtained. Pour into muffin pans. Bake in a hot oven for 20 minutes.

Makes 15-20

Muffins

Ingredients

2 cups flour
½ cup milk
1 tblsp butter
1 tsp castor sugar
1 tsp dried yeast, or 25 g fresh yeast
1 tsp salt

Method

Warm the milk. Mix the sugar into it. Sprinkle the yeast on top and stand the bowl in a warm

place to froth up. Put the flour in a bowl and warm it by keeping it in a slightly warm oven. Take it out of the oven, make a well in the middle, and pour in the milk. Mix and knead well. If the dough is too sticky, add a little flour. Knead till the dough is smooth and elastic. Cover with a greased polythene sheet and a folded cloth and leave it in a warm place to rise. When it has doubled in size, uncover and knead again. If you are not in a hurry, repeat this once more to get a better texture.

Dust two baking sheets with flour. Cut dough into lemon-sized pieces. Knead each piece into a flat cake and place on a floured board or baking sheet. Heat a large frying pan and grease as for pancakes — very lightly. Flatten the rounds with the palm of your hand and place on the frying pan, leaving a little space between them. Cook, turning them over a couple of times till they are a golden colour. When slightly cooled, split and toast the split sides. Butter well and serve immediately.

Makes 10-12

Nut Squares

Ingredients

4 heaped tsp cocoa
1 cup flour
2 cups castor sugar
1 cup butter
4 eggs
2 tsp vanilla essence
1 tsp baking powder
2 cups chopped nuts

Method

Melt the butter, take off heat and blend cocoa into it till smooth and free of lumps. Add sugar, beaten eggs and vanilla essence. Sift flour and baking powder together. Add flour and nuts to the butter mixture. Spread in a fairly thin layer on a baking sheet and bake in low heat. Cut into squares as soon as you take it out of the oven.

Makes 20

Scones

Ingredients

2 cups flour
¼ cup butter
2 tblsp castor sugar
½ cup milk
a pinch of salt

Method

Sift flour and salt. Rub in butter. Add sugar to milk and add to flour, making a soft dough. Turn on to a floured board. Knead lightly. Roll out to about 1 cm thickness. Cut out rounds and place on a greased baking sheet and bake for 10 minutes on second shelf of the oven. Serve hot with butter.

Makes 10-15

Cheese Scones

Ingredients

2 cups flour
¼ cup butter
100 g cheese, finely grated
½ cup milk

¼ tsp salt
½ tsp dry mustard
a pinch of pepper

Method

Sift flour, salt, mustard and pepper. Rub in butter. Add milk and cheese. Knead lightly and make into regular scones.

Makes 10-15

Potato Scones

Ingredients

½ kg potatoes, cooked and mashed
2 tblsp butter
½ cup flour
salt and pepper to taste

Method

Sift flour with salt and pepper. Rub in butter. Mix with mashed potatoes. Turn on to floured board and knead till smooth. Form little rounds and roll out. Heat a heavy frying pan and grease as for pancakes. Cook on both sides till golden brown.

Makes 10-12

Hot Cross Buns

Ingredients

½ kg flour
4 tblsp castor sugar
4 tblsp butter
100 g currants
25 g mixed fruit peel
1 egg, beaten
25 g butter
1 cup milk
1 tsp dried yeast or 25 g fresh yeast
1 tsp sugar
1 tsp mixed spice
1 tsp salt
½ cup flour to make crosses
2 tblsp milk, 2 tblsp water and 2 tblsp sugar for glaze

Method

Warm half the milk. Mix the sugar into it. Sprinkle the yeast on top and leave in a warm place to froth up.

Sift flour and salt into a large bowl. Rub in the butter till the mixture looks like breadcrumbs. Add the currants and mixed fruit peel. Now make a well in the centre and pour in the beaten egg and yeast mixture and knead into a dough. Continue kneading till smooth and elastic. Cover with a greased polythene sheet and a folded cloth and leave in a warm place till the dough doubles in size. Uncover and knead once more. Now divide the dough into orange-sized pieces and shape into rounds. Place on greased baking sheets and cover with polythene sheet. Leave till they double in size. To make crosses, use half a cup of flour and enough water to make a fairly stiff dough. Put dough in a piping bag. When the buns have risen, pipe crosses on them and bake in a very hot oven for ten minutes. For glazing, heat 2 tablespoons each of milk, water and sugar. Brush buns with heated glaze mixture and bake for another 5 minutes.

Makes 8

Victoria Sponge

Ingredients

1½ cups flour
¾ cup butter
¾ cup castor sugar
jam
3 eggs, beaten
1 heaped tsp baking powder

Method

Cream butter and sugar till light and pale. Add the eggs gradually. Add a tablespoon of flour that has been sifted with baking powder, when a little more than half the beaten eggs have been added. Finish adding the eggs and add the rest of the flour. Stir it a little by hand. Pour the mixture into two sandwich pans and bake in a preheated moderate oven for 20 to 25 minutes when they should be well risen and brown. When cold, spread jam and sandwich the two. Dust with castor sugar.

Serves 8

Shortbread

Ingredients

1 (heaped) cup flour
½ cup rice flour
¾ cup butter
½ cup castor sugar

Method

Mix all the dry ingredients in a large bowl. Now rub in the butter till the mixture is like fine breadcrumbs. Knead the mixture to a smooth dough without any cracks. On a floured board, form it into a round and roll out to about 1 cm thickness. Prick the edges with a fork. Line a tin with greased paper and bake for 45 minutes in a preheated oven (300 degrees F). Cut into slices and allow to cool in the tin.

Serves 6

Quick Chocolate Cake

Ingredients

2 cups flour (slightly heaped)
200 g sugar
5 tblsp cocoa
100 g butter
3 eggs
¾ cup milk
a pinch of salt
6 tblsp boiling water

For the chocolate butter cream

2 tsp heaped cocoa
2½ tsp water
vanilla essence
¾ cup castor sugar
75 g butter

For the chocolate icing

100 g icing sugar
1 tblsp butter
2 tsp cocoa
1 tblsp water

Method

Sift the sugar and cocoa together into a mixing bowl. Add melted butter and eggs together, then add the milk. Sift the flour in with a pinch of salt. Last of all, add the boiling water. Beat till smooth. It will be rather more liquidy than a normal cake mixture. Pour into a cake pan and bake in a preheated oven (375 degrees F) for about 25-30 minutes. When cool, layer with chocolate butter cream and icing.

Chocolate butter cream: Mix the cocoa with a little water to a smooth paste. Gradually add rest of the water. Add melted butter and cook over low heat. Blend in sugar and 2 drops of vanilla essence. Take off heat and beat till creamy.
Chocolate icing: Make a paste with cocoa and water. Blend into melted butter and place on low heat. Do not boil. Remove from heat and add icing sugar and stir till thick and glossy. Warm a little before pouring over cake.

Serves 8

Jam Tarts

Ingredients

1 heaped cup flour
75 g butter, cold
25 g fat
3 tblsp water
jam of choice

Method

Sift flour into a cold bowl. The best way to do this is to leave the bowl in a refrigerator for about half an hour before using. With two knives, cut butter and fat, into the flour. With fingers, rub the fat as fast as you can into large flakes. Mix in the water and quickly form into a ball. Place in a plastic bag and keep refrigerated for about an hour — more, if possible. Roll pastry quite thin and cut into rounds. Prick with fork. Line a tart tin with the pastry. Fill each one with the jam of your choice. Bake for 10-15 minutes. Serve when cool. The pastry dough should be handled as little as possible to obtain a light crumbly texture.

Makes 10

Hindoostani
Indian

Samosas
(Stuffed Fried Patties)

Ingredients

2 heaped cups flour
5 tblsp curd
1 tblsp butter or ghee
¾ tsp salt
stuffing

Method

Sift flour and salt. Rub in melted butter. Add curd and knead into a stiff dough. Shape into small balls and roll out into very thin circular poori. Cut each poori into half and twist into a funnel. Fill with stuffing and seal by folding the flap over and pinching together. Dampen the edges first. Deep fry till golden in colour. The samosas should be crisp and can be eaten hot or cold.

For the stuffing:

Boil potatoes and mash roughly. Add soft-boiled peas, chopped green coriander, chopped green chilli to taste, a little red chilli powder, salt and a little lime juice. Mix well.

Makes 30

Sardai
(Rich Cold Almond Milk Drink)

Ingredients

½ cup poppy seeds
½ cup almonds
1 tsp green cardamoms, powdered
½ cup sugar
1 cup milk (optional)
1 cup water
crushed ice

Method

Soak poppy seeds and almonds separately overnight. Blanch and grind almonds to a very fine paste. Drain water from poppy seeds. Grind poppy seeds on a grinding stone. Add one cup of water and sieve through a muslin cloth. Grind the residue again, sieve a second time and repeat the same procedure a third time. After sieving poppy seeds the third time, throw away the husk. Add almond paste and sugar to poppy seed mixture. Add milk if you like. Sardai is ready for use. Fill half the glasses with crushed ice. Add cardamom powder and fill up the glasses with Sardai. Serve when well chilled.

Serves 4

Badam Sherbet
(Almond Sherbet)

Ingredients

100 g almonds
6 cups sugar
600 ml water
2 g citric acid
2 g cardamoms
2 g black peppercorns
3 g sodium benzoate

Method

Soak cardamoms, black peppercorns and almonds in water overnight. Throw the water from top, grind the ingredients to a fine paste, pass through a muslin cloth, extract the juice by dissolving in a little water. Throw away the husk. Put sugar and water to cook. When it starts boiling, add citric acid, pass through a sieve. Let it cool down to room temperature, add almond juice, and sodium benzoate. Fill up in bottles.

Faluda
(Royal Rose-milk Drink)

Ingredients

1 tblsp Isabgul seeds
cornflour strands
1 tblsp cornflour or arrowroot
1 tray of ice
3 cups milk
2 cups rose syrup
2 cups thick cream or vanilla ice-cream

Method

Soak the Isabgul seeds and cornflour strands in 1 cup of water overnight. Mix 1 tablespoon cornflour with 1½ cups of water and cook, stirring all the time so that no lumps form. When it leaves the sides of the pan, pour into a colander and rub through into a dekchi underneath holding a tray of ice and a cup of water. Little strands will form inside the cold water. When the ice has melted, gather up the strands and put them in a large jug and throw away the water.

Mix into it the cornflour strands, puffed Isabgul seeds, milk, rose syrup and cream. Pour the faluda mixture in 6-8 individual glasses. (If ice-cream is being used, put a blob of it on top instead of mixing it together, but if cream is used, mix it with the rest of the ingredients.) Serve chilled.

Serves 6-8

Sandal Sherbet
(Sandalwood Sherbet)

Ingredients

4 cups sugar
4½ cups water
25 g sandalwood powder
2 tsp rooh kewra

Method

Soak the sandalwood powder in 1½ cups of water overnight. Boil it for a few minutes. Strain it twice through a muslin cloth and keep it aside. Make a syrup of thick consistency with the sugar and water. Add sandalwood water to it and cook till it thickens. Cool, add kewra and bottle.

Phal Ki Chaat
(Sweet and Sour Mixed Fruit Medley)

Ingredients

500 g seasonal fruits
50 g dried mango powder
1 tblsp cumin seeds
2 tblsp coriander seeds
½ tsp black salt
½ tsp black pepper
½ tsp red chilli powder
salt to taste

Method

Peel, core and cut the fruits into even-sized pieces. Roast the cumin and coriander seeds on a warm griddle or tawa and powder. Mix all the dry masalas together. Add the fruit and mix thoroughly. Put into a glass bowl and serve with tooth-picks.

Serves 3-4

Gol Gappas
(Spicy Water Balls)

Ingredients

1 cup semolina
½ cup flour
1 tblsp frozen ghee
oil for frying
1 cup water
salt to taste

Method

Rub ghee into semolina and flour, keep rubbing with fingers till it starts resembling breadcrumbs. Add salt, sprinkling a little water at a time and knead a very stiff dough. Make pea-size balls and with a rolling pin, flatten them to the size of a papri. Or roll a bigger ball on board and cut small rounds with a biscuit-cutter, or any bottle-cutter of handy size. Deep-fry them on slow fire. When they puff up, fill with stuffing and serve.

Makes 20

Stuffing
(For Gol Gappas)

Ingredients

2 medium-sized potatoes
4 tsp sonth
½ cup boiled bengal gram
2 ml jaljeera
2 tsp chaat masala

Method

Boil, peel and cut potatoes in cubes, mix them with sonth, Bengal gram and seasoning. Break puffed pani poori on top with a finger, fill with stuffing and jaljeera and serve.

For 20 Gol Gappas

Papri

Pooris which are not fully puffed can be used as papris. Serve them in a full plate along with green gram vadas, sonth and diced potatoes. Fold every item in beaten curd, seasoned with chaat masala to suit your taste. Sprinkle chopped coriander leaves and very finely cut ginger and serve.

Pakoras
(Savoury Fritters)

In the North, these are called "Pakoras" and down in Bombay, we call the same thing "Bhajias".

Ingredients

½ cup gram flour
½ cup whole wheat flour
a pinch of bicarbonate of soda
½ tsp turmeric powder
½ tsp chilli powder
salt to taste
water
ghee or oil for frying vegetables
  brinjals — thinly sliced
  potato, peeled and sliced
  onions, sliced
  bananas, sliced
whole green chillis
spinach leaves
cottage cheese (cut into small pieces)

Method

Mix all the ingredients for batter and make a batter of the consistency of thick cream. Dip any of the vegetables in the batter and deep fry till golden brown and crisp.

Variations

(1) Mix with the batter one chopped small onion, a finely chopped green chilli, a few finely chopped coriander leaves, and ½ teaspoon cumin seeds. Deep fry a teaspoonful at a time until golden brown and crisp. This makes mixed pakoras or bhajias.

(2) Mix 110 grams cooked meat mince with the batter and drop in hot oil and fry until golden brown and crisp. This is for mince pakoras.

Bel Sherbet
(Wood Apple Sherbet)

Ingredients

1 kg pulp of wood apple
1 kg sugar
750 ml water
30 g citric acid

Method

Boil the pulp of bel fruit with a little water and strain. Make it just like orange squash, preparing syrup first, using sugar and water, and adding juice and preservative (citric acid) later. Pour into a clean, dry bottle for storing. Serve as other squashes.

Sabzi Ki Tikkia
(Vegetable Cutlets)

Ingredients

6 large potatoes
6 slices bread
50 g carrots
250 g peas
50 g French beans
½ cup milk
4 cloves garlic
2 green chillis
2-cm ginger piece
breadcrumbs
oil for frying
salt to taste

Method

Shell peas, grate carrots and finely chop French beans. Steam all three till tender. Mix them, add salt. Boil, peel and mash potatoes.

Moisten bread in milk and mash it. Grind green chillis, ginger and garlic to a fine paste. Mix bread, potatoes, ginger, garlic and green chilli paste together. Moisten the palm of your hand with a drop of oil, flatten the cutlet mixture on it, put a part of mixed vegetables (peas, carrots and French beans) and fold the cutlet with fingers.

Spread breadcrumbs on a board, flatten the cutlets on it, giving them the desired shape. Deep fry on a low fire. Turn when one side is done. Serve with tomato sauce or any other desired chutney.

Serves 6

Paneer Koftas
(Cottage Cheese Balls)

Ingredients

300 g cottage cheese
100 g cornflour
1 green chilli
2 cloves garlic
¼ tsp cumin seeds, roasted and powdered
a pinch of saffron
pepper
a pinch of salt

Method

Mash the cheese into a paste. Mix one-fourth of the paste with finely-chopped green chilli and garlic. Add powdered cumin seeds, saffron and salt to it. Keep it aside — this is for the filling.

Mix the rest of the cottage cheese paste with cornflour, a little salt and pepper. This is for the outer covering. Divide into 10-12 portions. Place a little filling into each portion of the outer covering and make koftas (balls). Deep fry, drain and serve hot.

Make 10-12 balls

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Kababs

Ingredients

675 g mutton/beef
2 eggs
2 green chillis
1 small onion
1 thick slice of bread
1 onion, finely chopped and fried brown
1 tsp Worcestershire sauce
oil for frying
a few coriander leaves
salt and pepper to taste

Method

Soak the bread in water. Squeeze out the water after 5 minutes. Put the mutton, chillis, onion and the coriander leaves twice through a mincer. Mix these ingredients with fried brown onion, Worcester sauce, eggs, salt and pepper.

Shape into 2½ cm balls and deep fry, a few at a time, in oil until golden brown. Serve at once.

Makes 20

Health & Beauty

My good man said to me the other day, that he noticed that when I was very eager in some discussion, I had a habit of screwing my forehead into very ugly lines, and took me to the glass to show me! Sure enough, had I little idea that I was making my already sufficiently plain face, a good deal plainer by this unconscious habit. Of course, I at once set to work to try and keep myself from this ugly trick and as usual, I began to use the idea for my own interest and started watching if my friends did the same sort of thing; I was fairly surprised to find how many of them spoilt themselves by some ugly but unconscious trick or mannerism, and it struck me that this might make a good text for a little sermon to you this week. Without the least inculcating silly vanity or encouraging unnecessary time to be spent at the toilet table, I do think that many women do not do themselves the justice they might because they do not give a little time to studying themselves or noting how they stand, or walk, etc. If there is any line deeper than the other in your face, you may be sure that you are in the habit of screwing your face in some unbecoming way, and you should take means to find out what it is you do, and cease doing it. When resting or preparing for sleep, there is a great art in letting all the muscles become absolutely flaccid but, until you try to do it, you can have no idea how difficult it is and how as a rule you do not rest properly. Half the time lying with every muscle relaxed, will do more good than the whole time with someone or other of the muscles rigid. To women who lead a busy life, with mind and body on the stretch, there is nothing more restful than to be flat on the back with every muscle absolutely relaxed and the mind made as much of a blank as possible; it takes the exercise of some will power in the first instance to really relax every part of you, and then to keep so; for a day or two you will not succeed in resting much. So for the mind, relax that, fix it on some beautiful thought, or poem, or verses of Scripture, which will give the quiet mental atmosphere so necessary before making the mind a blank as nearly as you can. And so, lie quite, quite still even for ten

minutes, and I can promise you, that you will get more good out of it than a whole hour of so called resting, where the mind and body are both more or less at tension.

When people settle themselves for the night too, they often have a strained position, and a still more strained expression. Imagine what must be the result to the lines of the face if this strained expression remains the wholenight through, as it generally does! Even more then, should one at night take care to relax all the muscles, and particularly notice the muscles of the face; try to keep the mind occupied with sweet thoughts and the face will take on a soft expression of itself. The face in many cases is a true index to the mind and is gradually marked, by the prevailing trait in the character of its owner; why do we say, what a cross, or proud, or discontented face as we go along through life, and instinctively dislike a person who has naturally, or more often by training, a mask-like face which gives no indication of what the brain is occupying itself with? I hold that it is the duty of every woman to make the best of herself, and not the least pleasing way is to cultivate a beautiful mind, the reflection of which makes an otherwise plain face more pleasing to look at than one which is technically beautiful, but which is often spoilt by the reflection of some disagreeable trait in the character of its possessor. We can all cultivate beautiful minds, and when face and figure have lost the beauty of youth, the beauty of such a mind will become more and more apparent with the years, and bring that "peace which passeth understanding" to her who has set herself to obtain it.

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MEASUREMENTS

Almonds	= 10-12	= 12 gms
Baking powder	= $^1/_2$ tsp	= 5 gms
Black gram (urad dal), split	= 1 cup	= 220 gms
Black pepper powder	= 1 tsp	= 3 gms
Butter	= 1 tblsp	= 12 gms
Cloves	= 20	= 1 gm
Coriander powder	= 1 tsp	= 2 gm
Yogurt/curd	= 1 tblsp	= 15 gms
	1 cup	= 125 gms
Wholemeal Flour (Atta)	= 1 cup	= 115 gms
Flour (maida)	= 1 cup	= 200 gms
Fresh cream	= 1 cup	= 250 ml
	= 1 tblsp	= 15 ml
Garam masala powder	= 1 tsp	= 2 gms
Garlic	= 6-8 cloves	= 5 gms
Garlic paste	= 1 tblsp	= 16 gms
Ghee	= 1 tblsp	= 7 gms
Ginger	= 1 inch	= 15-20 gms
Ginger paste	= 1 tblsp	= 16 gms
Gram flour (besan)	=	1 tblsp = 10 gms
Grated cheese	= 1 cup	= 75 gms
Grated coconut	= 1 cup	= 175 gms
Green chillies	= 5	= 11 gms
Green coriander leaves	= 1 cup	= 35 gms
Green peas	= 1 cup	= 20 gms
Honey	= 1 tblsp	= 100 gms
Lemon juice	= ($^1/_2$ lemon), 1 tsp	= 3 gms
Solidified milk (khoya)	= 1 cup	= 200 gms
Medium-sized carrot	= 1	= 60 gms
Medium-sized onion	= 1	= 90 gms
Medium-sized potato	= 1	= 100 gms
Medium-sized tomato	= 1	= 100 gms
Milk	= 1 cup	= 150 ml
Minced meat	= 1 cup	= 500 gm
Mustard powder	= 1 tsp	= 2 gms
Nuts	= 1 cup	= 100 gms
Oil	= 1 tbsp	= 13 mls
Pigeon pea, split (Tur dal)	= 1 cup	= 225 gms
Red chilli powder	= 1 tsp	= 2 gms
Rice	= 1 cup	= 200 gms
Rice flour	= 1 tsp	= 3 gms
	1 cup	= 115 gms
Salt	= 1 tsp	= 6 gms
Sugar	= 1 tblsp	= 14 gms
	1 cup	= 200 gm
Tamarind pulp	= 1 tsp	= 6 gms
Turmeric (haldi) powder	= 1 tsp	= 2 gms

Vinegar	= 1 tblsp	= 11 gms
1 pound	= 450 gms	= 16 ounces
1 ounce	= 30 gms	
1 fluid ounce	= 30 ml	
1 cup	= 8 ounces liquid	
2 tblsp	= 30 gm / ml	
1 tblsp	= 15gm/ml	
1 tsp	= 5 gm/ml	
a pinch	= $^1/_2$ gm	
4 tblsp	= $^1/_4$ cup	
$5^1/_3$ tblsp	= $^1/_3$ cup	
8 tblsp	= $^1/_2$ cup	
12 tblsp	= $^3/_4$ cup	
16 tblsp	= 1 cup	

OVEN TEMPERATURES

Description	Setting	Gas mark
Very cool	225°F-110°C	$^1/_4$
	250°F-130°C	$^1/_2$
Cool	275°F-140°C	1
	300°F-150°C	2
Moderate	350°F-180°C	4
Moderately hot	400°F-200°C	6
Hot	425°F-220°C	7
	450°F-230°C	8
Very hot	475°F-240°C	9

COOKING METHODS

Baste	Moisten with gravy or melted fat/butter during cooking
Blanch	Immerse in boiling water for a short period of time
Broil	Roast/fry lightly
Deep fry	Fry in a lot of oil/ghee
Marinate	Soak meat/vegetables/fruits in a mixture of curd/spices/oil
Sauté	Quick frying in a little oil

GLOSSARY

Hindi names of Ingredients

Almonds	Badam
Allspice	Kabab chinni
Aniseed	Saunf
Apricot	Khubani
Aubergine	Baingan
Barley	Jau
Basil	Tulsi
Bay leaf	Tej patta
Bengal gram	Chana dal
Black cardamom	Badi elaichi
Black gram	Urad dal
Black peppercorns	Kali mirch (sabut)
Brain	Bheja
Bread	Double roti
Bone	Haddi
Capsicum	Shimla mirch
Caraway seeds	Shah jeera
Carrot	Gaajar
Cashewnuts	Kaju
Cauliflower	Phoolgobhi
Charoli	Chironji
Chick peas	Kabuli chana/ Chhole
Chilli	Mirch
Cinnamon	Dalchini
Citric acid	Nimbu ka phool
Clove	Laung
Coconut	Narial
Coriander leaves	Dhania patta
Coriander seeds	Dhania
Corn	Bhutta
Cottage cheese	Paneer
Courgettes	Turai
Cucumber	Kheera/Kakri
Cumin seeds	Jeera
Curd	Dahi
Curry leaves	Kari patta
Dates	Khajoor
Dill	Soa
Drumsticks	Saijan ki phalli
Dry desiccated coconut	Sookha narial/ Kopra
Dry ginger	Sonth
Dry mango powder	Amchoor
Fennel	Saunf
Fenugreek leaves	Methi patta
Fenugreek seeds	Methe dana
Fig	Anjeer
Flour	Maida
French beans	France bean
Fresh coconut	Narial
Fresh coriander	Dhania patta
Fresh cream	Malai
Garlic	Lahsoon
Ginger	Adrak
Ginger powder	Sonth
Gram flour	Besan
Greens	Saag
Green cardamom	Chhoti elaichi
Green chillis	Hari mirch
Green gram, split	Moong dal
Groundnut	Moongphali

Guava	Amrood
Honey	Shehad
Horse radish	Safed mooli
Jackfruit	Kathal
Jaggery	Gur
Kidney	Gurda
Lettuce	Salad patta
Lime	Nimboo
Liver	Kaleji
Lotus seeds	Makhana
Lotus stem	Kamal kakri
Mace	Javitri
Maize	Makkai
Mango	Aam
Marrow	Lauki/Ghia
Mince	Keema
Mint	Pudina
Mustard greens	Sarson ka saag
Mustard seeds (big)	Sarson
Mustard seeds (small)	Rai
Mutton	Gosht
Nigela seeds	Kalonji
Nutmeg	Jaiphal
Olives	Jaitoon
Omum seeds	Ajwain
Onion	Pyaaz
Onion seeds	Kalonji
Papaya	Papita
Parsley	Ajmood
Peas	Matar
Pigeon pea	Tur dal
Pistachio	Pista
Pomegranate	Anaar
Pomegranate seeds	Anardana
Poppy seeds	Khus Khus
Potato	Aloo
Pumpkin	Petha
Radish	Mooli
Raisins	Kishmish
Red chillis	Lal mirch
Rose water	Gulab jal
Saffron	Kesar
Sago	Sabudana
Sandalwood	Chandan
Semolina	Sooji/Rawa
Sesame seeds	Til
Spinach	Palak
Spring onions	Hara pyaaz
Soda bicarbonate	Baking soda/ Meetha soda
Solidified milk	Khoya/Mawa
Sultanas	Munakka
Tamarind	Imli
Thyme	Ajwain patta
Tomato	Tamatar
Turmeric powder	Haldi
Turnip	Shalgam
Trotters	Paya
Vermicelli	Sewaiyan
Vinegar	Sirka
Walnut	Akhrot
Water chestnut	Singhara
Watercress	Jalkumbhi
Watermelon	Tarbooz
Wheat flour	Atta
White pumpkin	Doodhi/Petha
Wholemeal flour	Atta
Wood apple	Bel
Yeast	Khameer
Yoghurt	Dahi

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Sports — the Pucca Sahibs *(A pictorial)*

Meetha, Puddings

The Raj *(A pictorial)*

Chai, Evening Tea

Health and Beauty

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